

Easy read information about Liberation



What is Liberation?

Liberation is a **grass-roots organisation** led by people with experience of **mental distress** and/or **trauma**.



Grass-roots organisation: this means an ordinary, everyday organisation that works directly with a community or group of people.

Trauma: this means something that has happened in a person's life which badly affects their mental wellbeing.

Distress: this means that you are feeling very unhappy and upset.

In many cases this is someone who has been given a mental health **diagnosis** by a doctor.

Diagnosis: this is when a doctor or health professional decides that you have an illness or medical condition and says what they think it is.

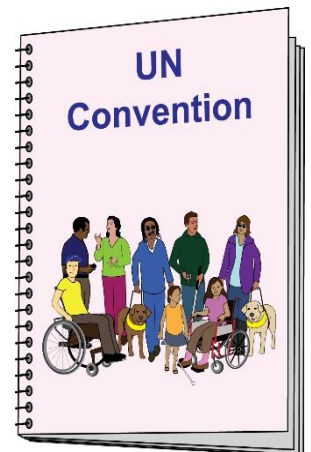


What is Liberation here to do?

Liberation is here to speak out for people with experience of mental distress and/or trauma who are calling for full human rights.



These are the full human rights which are written about in the [United Nations Convention on the Rights of Persons with Disabilities](#).



UN Convention on the Rights of Persons with Disabilities: this is an international agreement that governments can sign up to, to bring about the full rights of Disabled people in their country.

Liberation's aims

Aim 1:

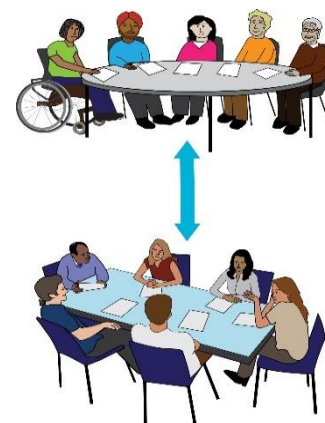
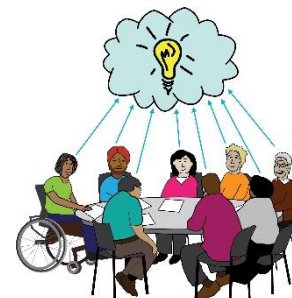
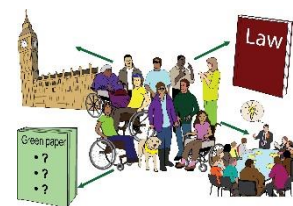
Push for the UN Convention to be put into place in the UK. This means pushing for the Convention to be part of:

- The law and **government policy**. These are rules of decisions that guide government decisions.
- **Commissioning**. This means looking at what the health and social care needs are in an area and then buying the services to meet those needs.
- **Structures**, services and local communities.

Structures: this means the way that government and organisations are set up and make decisions

Aim 2:

To do this by working as partners with other user-led organisations and working closely with other groups who support the Convention - in England, where Liberation is based, and in other countries.



Liberation's Objectives

Objectives: the results we hope to get from the work we do.

We aim to push for:

- A human rights way of looking at mental distress and trauma, rather than the **medical model**.

Medical model: this is a way of looking at mental distress and trauma that sees the person as having a medical problem that needs fixing.



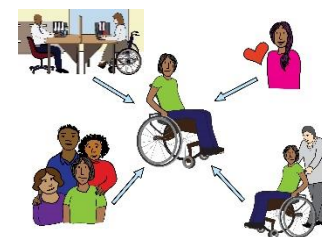
- Equal rights, too, for people in mental distress, who face more than one type of discrimination.



- Independent living in the community and the many ways that people can take part in the community.



- Equal access to physical health services, a good standard of living, social and leisure opportunities, education, voluntary work, and employment.



- People being free from discrimination, abuse and **degrading treatment**.

Degrading treatment: this means being treated in a bad way which makes a person feel scared, worried, like they are not worth anything or like they are being made fun of.



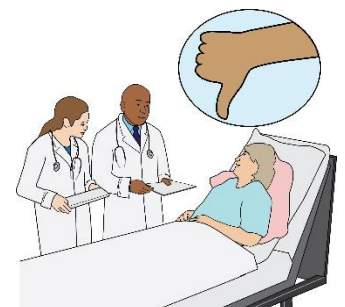
- An end to:
 - **Substitute decision-making.** This is when someone else makes a decision for a person.



- **Detention** in psychiatric hospitals. This means being taken to hospital and kept there when you do not want that.



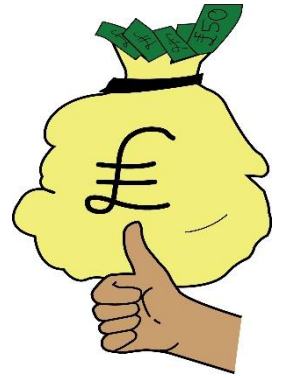
- **Forced treatment.** This means having treatment, even if you do not want it.



- **Community treatment orders.** This means you are made to get treatment in the community.



- Funding to make independent living a reality. People should have many different options for services and support. This should include plenty of non-medical options. People should also have user led options and options that are right for different cultures.



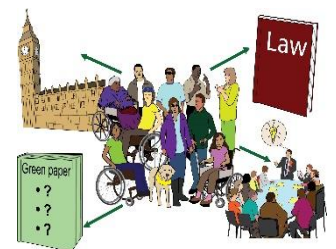
- Raising awareness about rights set out in the Convention. This includes telling people about the important changes needed in society and its structures. It will be very important in making real change happen.



- User-led organisations being a part of this change, in a real way. This means being a part of change at all levels:

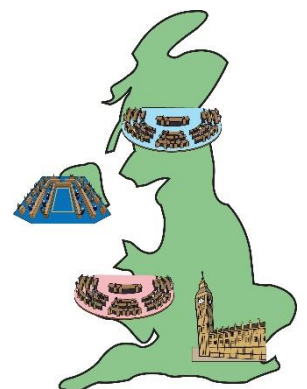


- In politics
- In commissioning
- In changes to structures, services and the community.



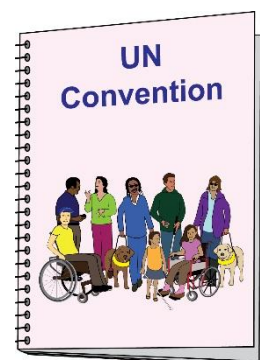
Where Liberation works

Liberation is based in England. We also link with people and groups in the rest of the UK and in other countries.



Membership

Liberation's membership is made up of people and organisations that support the UN Convention on the Rights of Persons with Disabilities.



Who can be a direct member of Liberation?

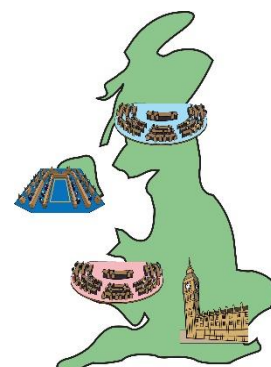
- People in England with lived experience of mental distress or trauma.
- Groups in England led by people with direct experience of mental distress or trauma.



Who can be an ally of Liberation?

Ally: this is a person, or an organisation that supports Liberation's aims, but is not a direct member.

- People in the rest of the UK with lived experience of mental distress or trauma.
- Groups in the rest of the UK led by people with direct experience of mental distress or trauma.



Who can be an associate ally of Liberation?

- Deaf and Disabled People's organisations and their members in any country.
- Organisations led by unpaid carers and their members in any country.



Who can be an associate of Liberation?

Associate: this is a person who is not disabled, or an organisation that is not user-led.

- Other people, groups and organisations that support Liberation's aims.



Membership costs

- Membership is free, so that it is possible for everyone to join Liberation.
- However, we welcome gifts of money from people who can really afford it.



Contact information for Liberation:

- Email address: liberationrights@gmail.com
- Contact phone number: 07565 399 422
- Postal address: PO Box 49677, London N8 8WQ
- Website: <https://www.liberationrights.org.uk>

