



WHO CC for Research and Training in Mental Health Trieste - Azienda Sanitaria Universitaria Integrata di Trieste

FRANCA AND FRANCO BASAGLIA INTERNATIONAL SCHOOL - THE PRACTICE OF FREEDOM

The right [and opportunity]
to have a [whole]
life

INTERNATIONAL SCHOOL & CONFERENCE
Trieste,
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Best practices for empowerment, self determination,
 community resilience, wellbeing and human rights
www.triestementalhealth.org

ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Promotion and protection of mental health and human rights: a challenge for sustainable development		
Objectives/Obiettivi	To show key factors influencing mental health and development outcomes at the population level, and identify appropriate strategies for risk mitigation and rights protection.		

Contents-text/Contenuto-testo:

Individually and collectively, mental health and well-being is of precious value, vitally effecting our ability to learn, make everyday decisions and interact with each other. It is increasingly clear from the available evidence, however, that mental health and well-being is vulnerable to a wide range of (individual, social and environmental) risk factors over the life course, and that certain groups in society are especially at risk. This presentation will present up-to-date insights and evidence concerning the social determinants of mental health, and link them to actionable policy agendas as stipulated in the UN's Sustainable Development Goals (SDGs), including promoting a healthy start in life, supporting those at greatest risk, and protecting human rights. Enhanced mental health and well-being is explicitly included within the health-related SDG, but action is needed far beyond the health-related goal if the upstream determinants of mental health are to be effectively tackled.