



People's right to self-determination should never be removed or denied.

For people who experience mental distress this right must be intentionally protected.



Maintaining our "Personal Sovereignty" is a basic human right.

Psychosocial disability is primarily caused by loss of "Personal Sovereignty".

mindset
Human Rights



Being able to live, work, love and play in our own community, not within services, is a **basic human right.**

mindset
The Role of Others



We cannot empower or motivate others, but we can easily **disempower or demotivate** others in the way we offer help.

mindset

The Role of Others



Helpers can help and
helpers can harm or
get in the way.

We all have to be ever
mindful about this.

mindset

The Role of Others



People **add value**
based on their **actions**
not their role or title.

mindset
The Role of Others



It is **not the responsibility** of help providers to achieve help seekers' goals.

Nor, is it the responsibility of help seekers to achieve help providers' deliverables.

Only, **when we are clear about this distinction** can we achieve and take the credit for what is **rightfully ours**.

mindset
Personal Capacity



People know **what's best** for them and are the only ones that can **truly determine** this.

mindset
Personal Capacity



All people are initiating beings. **Every action** is an attempt to **meet a need**.

mindset
Personal Capacity



People have an innate ability to **overcome adversity**.

mindset
Personal Capacity



People are creative and resourceful problem solvers.

This ability can become atrophied when too many or inappropriate support gets in the way.

mindset
The Construction of Psychosocial Disability



Psychosocial disability is one construction of human distress, **not necessarily permanent nor a truth.**

mindset

The Construction of Psychosocial Disability



Psychosocial disability is **not a symptom** of mental illness, it is a negative side effect of **lost opportunities.**

mindset

The Construction of Psychosocial Disability



Psychosocial disability is **not a symptom of mental illness** but a **symptom of unmet need.**



People thrive when they can realise their full citizenship within their natural community.



Psychosocial disability is **not something that will be resolved with a medical response.**

Therefore we believe that it is not the person that needs to change but our **whole community and access to the opportunities** it provides.