

Mental Health is a Universal Human Right



*"God will not falter or lose heart until justice prevails throughout the earth."
(Isaiah 42:4)*

Mental health is a Universal Human Right!

This year's Neighbors in Need theme **"Mental Health Justice for All: Mental Health is a Universal Human Right"** highlights our God-given right to mental health.

Everyone is created in God's image, and everybody should receive quality mental health care.

In 2015, the General Synod of the United Church of Christ passed a resolution to become **WISE (Welcoming, Inclusive, Supportive, and Engaged)** for mental health.

A just world for all is a world where the human rights and well-being of people with mental health challenges are respected, no matter who you are or where you are in life's mental health journey.

Here are 12 key messages that are important to know:

1. Good mental health is a key part of overall health and wellbeing.
2. Good mental health helps us cope with challenges, connect with others, with God, and thrive throughout our lives.
3. Mental health is vital and deserves to be recognized and respected.
4. Everyone has the right to access quality treatment that meets our unique needs and respects our human rights throughout our lifetime.
5. Mental health challenges are a significant threat to the wellbeing of young people.
6. Depression is the leading cause of disability in the world.

7. We must break the silence about mental health challenges.
8. We must dismantle the stigma, shame, and discrimination surrounding mental health challenges.
9. We all have the right to live our lives free from the stigma and discrimination in church, school, and in the workplace.
10. Good, quality, affordable, and accessible community mental health services and supports are crucial for a just world for all.
11. Mental health is fundamental to enjoying a good and meaningful life.
12. Everyone's mind is beautiful, complex, unique, and made in God's image.



In a Just World, Mental Health is a Universal Human Right!

Please join us in supporting the

2024 Neighbors in Need Special Mission Offering.



Two-thirds of your donations to NIN support advocacy, programming, and grants. One-third of your generous gifts directly support CAIM.

www.ucc.org/nin

