Mental Health and Human Rights



HELP
Human Rights **E**ducation for **L**egal **P**rofessionals
Council of Europe

COUNCIL OF EUROPE
CONSEIL DE L'EUROPE

Duration: 8h

Available for free on the CoE HELP e-learning platform

Statement of Accomplishment

START COURSE

MENTAL HEALTH AND HUMAN RIGHTS

HELP ONLINE COURSE

Council of Europe
Human Rights Education for Legal Professionals (HELP) Programme

2024

HELP is a Council of Europe Programme

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Human Rights and Rule of Law Training for Legal Professionals

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Human Rights Education for Legal Professionals

COURSE BRIEF

Background and key concepts

The HELP course on **Mental Health and Human Rights** is a **comprehensive course,** aiming to increase the knowledge of legal and health professionals and other relevant stakeholders on applicable human rights standards relevant for persons with mental health issues. In addition to the focus on Council of Europe instruments, particularly the European Convention on Human Rights and the case law of the European Court of Human Rights, the course also examines relevant international standards and documents developed under the auspices of the United Nations (UN) agencies and by the European Union (EU).

About the HELP course

The course was developed **in 2024** by the Human Rights Education for Legal Professionals (HELP) Programme of the Council of Europe, in close cooperation with the Council of Europe's Steering Committee for Human Rights in the fields of Biomedicine and Health (CDBIO). Its development was made possible in the framework of the "Protection of Human Rights in Biomedicine I" Project, a cooperation project carried out in the sphere of protection of human rights in biomedicine in Armenia.

Developed using the HELP methodology, the course is tailored **to the learning needs of legal and health professionals involved in the protection of the human rights of people with mental health issues.**

Target audience

This free on-line course is primarily addressed to legal and health professionals:

- judges
- prosecutors
- lawyers
- senior court staff
- doctors and other health professional working in mental health care

State representatives, civil society organisations, persons with mental health issues and their carers, along with students can benefit from the course, too.

Course outline

The course is comprised of the following modules:

Welcome Module

- About the course and the Council of Europe HELP Programme
- For whom and by whom
- Learning objectives
- Introductory video
- Course structure and resources

1 Introduction

- Notions and definitions
- Facts and figures
- A brief history of mental health
- Challenges and misconceptions

2 International legal framework

- International human rights framework
- The responsibility to protect human rights

3 The protection of persons with mental health issues under the ECHR

- Right to life
- Prohibition of torture
- Right to respect for private and family life
- Right to liberty and security
- The right to a fair trial and the right to an effective remedy
- Prohibition of discrimination

4 Dignity, autonomy, equality and non-discrimination. Key principles for a rights-based approach to mental healthcare

- Dignity
- Autonomy
- Equality and non-discrimination

5 Mental healthcare: access to care and quality of care

- Mental health care establishments and services
- Strengthening mental health care services
- Access to mental health care and principles of treatment

6

Involuntary placement, involuntary treatment and other coercive measures

- Involuntary placement
- Involuntary treatment
- Restraint and seclusion
- Alternatives to involuntary measures
- UN and other approaches to restrictive measures

7

Legal capacity, guardianship and alternatives to guardianship

- Guardianship and alternatives to guardianship
- Council of Europe standards
- UN standards

How to access the HELP online course

The course is freely available in self-learning format on the CoE HELP e-learning platform. The overall length of the course is of approximatively **8 hours** and those who complete it in self-learning format can obtain an electronic '**Statement of accomplishment**'.

To access the course, you need to have a HELP account. If you haven't created one yet, you can sign up here - it only takes a few minutes.

