


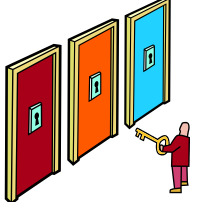



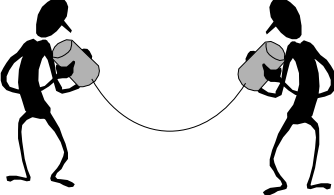



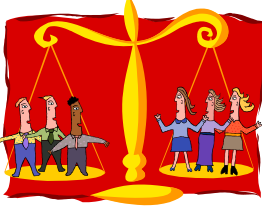


# The Charter for Mental Health in Cardiff and the Vale of Glamorgan

Every person has a right to services that:

	<p>Make a positive difference</p>		<p>Stop doing things that are not working</p>
	<p>Are guided by the individuals views about what they need and what helps them</p>		<p>Treat everyone as a capable citizen who can make choices and take control of their own life</p>
	<p>Work with respect, dignity and compassion, regardless of age, disability, gender, language, race, religion, sexual orientation or background</p>		<p>Recognise that mental health services are only part of a person's recovery</p>
	<p>Recognise, respect and support the role of carers, family and friends</p>		<p>Communicate with each person in the way that is right for them</p>
	<p>Understand that each person has a unique culture, life experiences and values</p>		<p>Give people the information they need to make their own decisions and choices</p>
	<p>Support their worker to do their jobs well</p>		<p>Challenge 'us and them' attitudes both within mental health services and in the wider society</p>

Approved by: Cardiff Council, Vale of Glamorgan Council, Cardiff and Vale UHB, Cardiff and Vale Mental Health Forum, service users (via Sefyll).