

Liberation

Who we are, what we do and where we work



Liberation is a grass-roots organisation led by people with personal experience of mental distress/trauma (mostly, but not always people given a mental health diagnosis). Liberation's aim is to champion implementation of the full human rights set out in the United Nations Convention on the Rights of Persons with Disabilities. We work closely with a wide range of organisations led by Disabled people, in England, where we are based, in other parts of the UK and in other countries. We also welcome joint action with organisations that are not user-led, but support full implementation of the Convention.

Information about Liberation

What Liberation is

A grass-roots organisation led by people with experience of mental distress/trauma¹.

Liberation's purpose

To speak out for people with experience of mental distress/trauma who are calling for full human rights under the [United Nations Convention on the Rights of Persons with Disabilities](#).

Liberation's aims

- To champion the full implementation of the Convention in UK law, policy, commissioning, structures, services and community settings
- To do so in partnership with other user-led organisations and through close work with other groups who support the Convention

Its specific objectives

These include the promotion of:

- A human rights approach to mental distress/trauma in place of a dominant medical model
- A strong emphasis on equal rights too for people in mental distress who encounter more than one form of discrimination
- A focus on independent living in the community and wide-ranging opportunities for community involvement
- Equal access to physical health services, an adequate standard of living, social and leisure opportunities, education, voluntary work and employment
- Freedom from discrimination, degrading treatment and abuse
- An end to substitute decision-making, detention in psychiatric hospitals, forced treatment and community treatment orders
- The need for funding to make independent living a reality, with a strong emphasis on user-led, alternative, non-clinical and culturally appropriate options
- Awareness-raising about rights set out in the Convention, including the fundamental changes in society and its structures which will be vital, and ways of achieving these
- The meaningful involvement of user-led organisations at political, commissioning, structural, service and community levels.

¹ This will very often, but not always be people given a mental health diagnosis.

Where Liberation operates

Liberation's base is in England. We also link with people/groups in the rest of the UK and in other countries.

Membership

Liberation's membership is drawn from people and organisations that support the UNCRPD.

- People in England with lived experience of mental distress/trauma and groups in England led by them are invited to be direct members of Liberation
- People with lived experience and groups led by them in the rest of the UK and in other countries are invited to join Liberation as allies
- Deaf and Disabled People's organisations, organisations led by unpaid carers and members of these in any country are invited to join as associate allies
- Other people and groups/organisations that support Liberation's aims are invited to join as associates.

Membership costs

- Membership is free, so that it is available to everyone, regardless of income
- Donations are welcome from people who can genuinely afford to make them.

Contact details for Liberation:

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- Website: <https://www.liberationrights.org.uk>



Modified Hillside image from [Robert J Heath](#) on Visual Hunt