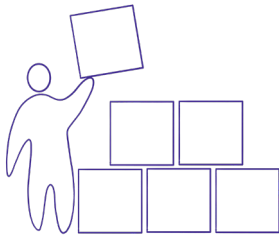


# Empowering people with depression

**Empowerment is the level of choice, influence and control that people can exercise over events in their lives.<sup>1</sup>**

It can play a key role in helping people with depression to improve their condition, by encouraging them to actively engage in their treatment and recovery.



## Help build resilience

Empowering people with depression may involve teaching them to use their own resources and skills to build resilience and coping patterns. This will allow them to achieve greater personal strength, so they can deal with challenges more effectively.



## Co-develop services

Engaging people with depression and their carers in service and policy development is important to create mental health systems that work for the people who use them.



## Draw on personal experiences

Mental health services should draw on the strengths and capabilities of people who have overcome mental health challenges to empower others, for example, through peer support.



## Encourage peer support

Peer support can promote feelings of hope and empathy. It can reduce stigma and help the peer-support worker manage their own ongoing recovery and empowerment.<sup>2</sup>

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1. World Health Organization Europe. 2010. *User empowerment in mental health – a statement by the WHO Regional Office for Europe*. Geneva: World Health Organization  
2. Repper J, Carter T. 2011. A review of the literature on peer support in mental health services. *J Ment Health* 20(4): 392-411

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