

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983).

There is a growing awareness of the need to improve the lives of people with mental health problems. The Department of Health (2005) has set out a vision of a new mental health system, which will be based on the following principles:

• People with mental health problems should be treated as individuals, with their own needs and wishes.

• People with mental health problems should be given the opportunity to participate in decisions about their care and treatment.

• People with mental health problems should be given the opportunity to live as fully as possible in their own homes and communities.

• People with mental health problems should be given the opportunity to work and to contribute to society.

• People with mental health problems should be given the opportunity to live a life of dignity and respect.

• People with mental health problems should be given the opportunity to live a life of hope and optimism.

• People with mental health problems should be given the opportunity to live a life of meaning and purpose.

• People with mental health problems should be given the opportunity to live a life of freedom and choice.

• People with mental health problems should be given the opportunity to live a life of safety and security.

• People with mental health problems should be given the opportunity to live a life of happiness and well-being.

• People with mental health problems should be given the opportunity to live a life of love and compassion.

• People with mental health problems should be given the opportunity to live a life of peace and harmony.

• People with mental health problems should be given the opportunity to live a life of joy and contentment.

• People with mental health problems should be given the opportunity to live a life of fulfillment and satisfaction.

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• People with mental health problems should be given the opportunity to live a life of fulfillment and satisfaction.







DESTINATION WELTREISE - EINL

**19 MONATE •**  
**72 743 KILOM**  
**16 SPRACHEN**

**2 MONATE**

Spanisch gelernt



QUITO

**6243 M**

Vulkanbesteigungen



OSTERINSEL

**5 TAGE**

campen mit den  
Moai



SANTIAGO

BUENOS AIRES



**+ 400 KM**  
gewandert