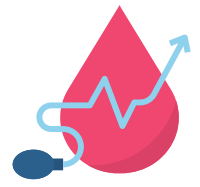


OUR MINDS

OUR RIGHTS



## World Mental Health Day “Mental health is a universal human right”

DigiCare4You is a Horizon-2020 project which aims to improve the early prevention and management of type 2 diabetes (T2D) and hypertension (HTN) with the support of digital tools. **World Mental Health Day** provides the opportunity to **raise awareness and mobilise efforts in support of mental health**. People living with T2D and HTN are at an increased risk of developing mental health conditions. **On World Mental Health Day we echo the call for action to ensure that mental health is viewed and treated as a universal human right for people living with T2D and HTN.**

- **1 in 4 adults with T2D have lived with depression**
- **People living with depression are 37% more likely to develop diabetes**
- **PwD are 2 to 3 times more likely to experience depression**

Mental health conditions greatly impact people living with diabetes (PwD). For example, people living with T2D often face **stigma and discrimination** due to negative stereotypes. The relentless burden of 24/7 diabetes management may also lead to **distress and burnout, depression, anxiety and eating disorders** in PwD. **Not only does this affect their quality of life but it also can influence their ability to follow their treatment which, itself, may increase the risk of developing diabetes-related complications.** Mental health conditions and diabetes have a **mutually reinforcing effect**. While PwD are two to three times more likely to experience depression, people living with depression have a **37% higher risk of developing diabetes than people without depression**. This shows firstly, that **addressing mental health in NCD management and treatment is imperative** and secondly, that **to lower the risk of developing diabetes, mental health conditions must be addressed.**

Ahead of World Mental Health Day, the **World Health Organization (WHO)** and the **Office of the High Commissioner on Human Rights (OHCHR)** jointly launched **new guidance**, entitled “**Mental health, human rights and legislation: guidance and practice**”. This guidance was launched to **improve laws addressing human rights abuses in mental health care**. The new guidance advocates for a **paradigm shift** from the traditional institutionalized biomedical approach to mental health treatment to a **rights-based approach**. This approach **emphasizes care and treatment which is person-centred and community-based, raises awareness and challenges stigma, eradicates discrimination and coercion, promotes community inclusion and participation, and develops accountability measures**. As a community-based project, **we support the call to adapt and integrate mental health care in a person-centred and community-based way**. The **DigiCare4You** solution, which uses a community-based approach to early prevention and management of T2D and HTN, **lays the foundation for the integration of mental health support for people living with T2D and HTN.**

### [Read the new guidance here](#)

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