

Plenary Session

📅 Thu. Sep 25, 2025 10:10 AM - 11:00 AM JST | Thu. Sep 25, 2025 1:10 AM - 2:00 AM UTC 🏛️ Session Room 1 (Main Hall A)

[Plenary Session 2] Transforming mental health across cultures: promotion, prevention and human rights-based collaborative care

Moderator: Yoshiharu Kim (National Center of Neurology and Psychiatry)

[PS-2]

Transforming mental health across cultures: promotion, prevention and rights-based collaborative care

*Helen Herrman¹ (1. The University of Melbourne (Australia))

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The dominant framing of mental ill health relies on diagnostic categories. Important as diagnosis is for assessment, treatment and recovery for those affected, considering mental health systems in this way can be seen as impeding effective responses to the global mental health crisis. This framing has led to reliance on interventions delivered by specialists; a scarcity of promotive, preventive and recovery-oriented strategies; and failure to engage with diverse community resources. Recent analysis identifies five principles to transform mental health systems globally, the adoption of which will require re-orienting the training of a range of professional groups.