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»RIJEČI SU VAŽNE« – AFIRMACIJA VIŠEDIMENZIONALNE ULOGE KOMUNIKACIJE

Oporavak pojedinca, njegovu kvalitetu života i socijalnu inkluziju olakšava senzibiliziranje šire javnosti za probleme prava osoba s psihičkim smetnjama, koje su u neraskidivoj vezi sa stigmom, negativnim predrasudama društva i diskriminacijom. S tim ciljem članovi Integrativnog centra mentalnog zdravlja osmislili su i proveli kampanju »Riječi su važne« kojom je u Karlovcu u lipnju 2019. godine obilježen Nacionalni dan prava osoba s duševnim smetnjama duševnim smetnjama. Tom su prigodom prolaznici pozvani da porukama podrške daju doprinos oporavku i destigmatizaciji osoba sa psihičkim smetnjama ili se i sami savjetuju sa stručnjacima iz područja mentalnog zdravlja. Više od dvije stotine građana sudjelovalo je osobnim porukama u kampanji, čime su dali obol kontinuiranoj podršci ovoj ranjivoj skupini. Afirmacijom slogana »Riječi su važne« promovirana je i važnost komunikacije u svim dimenzijama odnosa, od osobnih i terapijskih odnosa do obiteljskih, poslovnih i širih društvenih.

“WORDS MATTER” – AFFIRMATION OF THE MULTIDIMENSIONAL ROLE OF COMMUNICATION

Making the public sensitive to the rights of people with mental disorders, which are in an unbreakable bond with stigma, negative prejudices of society and discrimination, enables the recovery of the individual, its quality of life and social inclusion. Having that aim in mind, members of the Integrative Centre of Mental health created and carried out the campaign “Words Matter” which then took place in celebration of the National Day of the Rights of People with Mental Disorders in June 2019. On that occasion, passers-by were in-

vited to make their contribution to the recovery and destigmatisation of people with mental disorders by writing messages of support or by having counselling with experts from the field of mental health. More than 200 citizens took part in this campaign with personal messages, and by doing that they did their part in supporting this vulnerable group. By affirmation of the “Words Matter” slogan, the importance of communication in all dimensions of relationships has been promoted, from personal and therapeutic to family, business and social relationships.