



## **Advanced Mental Health Advocacy and Human Rights Training Course**

28 December 2026 – 1 January 2027  
Kuala Lumpur

## Advanced Mental Health Advocacy and Human Rights Training Course

**Ref:** 1512\_211644 **Date:** 28 December 2026 – 1 January 2027 **Location:** Kuala Lumpur **Fees:** 5200 Euro

### Overview

Advanced Mental Health Advocacy and Human Rights Training Course is a one-week course for healthcare, social care, civil society, and public service professionals, who leave with a Rights-Based Advocacy Action File. The course connects human rights, supported decision-making, lived-experience participation, stigma reduction, safeguarding, access to care, coalition building, policy engagement, communication, and accountability. Agile Leaders Training Center presents mental health advocacy as a rights-based practice shaped with affected communities.

### Who Should Attend

- Functions responsible for mental health policy and service governance
- Teams responsible for community advocacy and public engagement
- Personnel responsible for safeguarding, inclusion, and access
- Organizations responsible for disability rights and civil society action
- Functions responsible for lived-experience participation and co-design

The course assumes participants influence services, policy, or community action and leaves out clinical diagnosis, treatment, and legal advice.

### Departments and Industries

The course supports departments and organizations advancing rights-based mental health action across public, health, social, and community settings.

- Mental health and social care services
- Public policy and service governance functions
- Nongovernmental and disability-rights organizations
- Community development and inclusion teams
- Safeguarding, quality, and accountability units

### Learning Objectives

By the end of this course, participants will be able to:



- Analyze mental health issues through a human-rights lens
- Apply supported decision-making and participation principles
- Build anti-stigma advocacy messages and engagement plans
- Prioritize access, safeguarding, and inclusion barriers
- Use coalition and policy-influence methods
- Evaluate advocacy progress through accountable measures

## **Course Agenda**

### **Day 1: Rights-Based Advocacy Foundations**

- Human Rights Advocacy Issue Map
- Dignity, Autonomy, and Non-Discrimination Analysis
- Rights Holder and Duty Bearer Matrix
- Mental Health Service Rights Assessment
- Advocacy Ethics and Safeguarding Checklist

### **Day 2: Participation and Supported Decisions**

- Lived-Experience Participation Spectrum
- Co-Design Influence and Accountability Map
- Supported Decision-Making Practice Model
- Will, Preferences, and Safeguards Record
- Accessible Participation Planning Tool

### **Day 3: Stigma, Access, and Community Inclusion**

- Stigma and Discrimination Barrier Analysis
- Community Inclusion Opportunity Map
- Access-to-Care Equity Review
- Rights-Based Message Framing Canvas
- Public Narrative and Media Response Plan

### **Day 4: Coalition and Policy Advocacy**

- Advocacy Stakeholder Power Matrix
- Coalition Purpose and Governance Charter
- Policy Change Pathway and Decision Map
- Evidence, Testimony, and Lived-Experience Brief
- Advocacy Monitoring and Accountability Dashboard



## **Day 5: Mental Health Advocacy Practice**

- Suggested Exercise: Rights Issue and Safeguarding Analysis
- Suggested Exercise: Supported Decision-Making Scenario
- Suggested Exercise: Anti-Stigma Message Testing
- Suggested Exercise: Coalition Policy Meeting Simulation
- Capstone Exercise: Rights-Based Advocacy Action File

## **Practical Exercises**

The course uses suggested activities based on fictional health, social care, civil society, and community advocacy scenarios.

- Suggested activity: assess a service barrier through dignity, autonomy, participation, access, and safeguarding criteria.
- Suggested activity: co-design an advocacy position with people bringing lived experience.
- Suggested activity: build and test an anti-stigma message for a defined audience.
- Suggested activity: map influence, coalition roles, actions, measures, and accountability for a policy issue.

## **FAQs**

### **Who suits advanced mental health advocacy and human rights training, and what does it assume?**

Professionals influencing services, policy, community action, inclusion, safeguarding, or participation suit the training; it assumes responsibility for organizational or public action rather than clinical treatment.

### **How does mental health advocacy differ from mental health awareness training?**

Mental health advocacy uses rights analysis, participation, organized influence, coalition action, and accountability to change barriers, while awareness training primarily builds recognition and general understanding.

### **What makes mental health advocacy rights-based?**

Rights-based mental health advocacy centers dignity, autonomy, non-discrimination, legal capacity, participation, accessibility, community inclusion, safeguards, and accountability to people whose rights are affected.

### **How should lived experience shape mental health advocacy?**

Lived experience should shape priorities, decisions, messages, service design, representation, monitoring, and accountability through meaningful influence rather than consultation without power.



## **How can mental health advocacy progress be measured?**

Mental health advocacy progress can be measured through participation quality, barrier removal, access, commitments, policy movement, service changes, safeguarding responses, coalition performance, and accountability to rights holders.

## **Conclusion**

Participants leave with a Rights-Based Advocacy Action File containing issue, participation, safeguarding, message, coalition, policy, and measurement tools. The file links human-rights analysis to accountable influence and service action. It helps organizations involve affected communities and pursue measurable change in access, dignity, inclusion, and decision-making.