Advanced Mental Health Advocacy and Human Rights Training Course

2 – 6 November 2026
Milan

AGILE LEADERS
Training Center

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Ref: 1512_211666 **Date:** 2 – 6 November 2026 **Location:** Milan **Fees:** 5700 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

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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.