

Social services integrated with health services - in practice

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The aim of the presentation is to identify the strengths and potentials of integrating social and community activities - implemented by NGOs, providing health services. Opieka i Troska Foundation, which for 20 years has been building bridges of understanding and cooperation between the social and medical worlds, will be used as an example of such activities. A non-governmental organisation embedded in the local community can build a network of cooperation with organisations and institutions operating in the immediate vicinity. This ensures comprehensiveness of assistance, allows to use and integrate local resources, including medical entities, so as to support people with mental illness in the fullest possible way.

Well-coordinated and implemented social services positively affect the quality of life of people experiencing mental illness, counteracting their marginalisation and stigmatisation. They make it possible to build an informed, tolerant and supportive environment and create social conditions that support the recovery process. Appropriately selected treatment, as well as direct contact with a specialist, plays a key role in the recovery process, so the integration of social and medical services is a natural thing.

There will be no lack of reflections in the presentation on the importance of including their social network in supporting a person experiencing mental illness. Creating spaces where it is possible to integrate people with the experience of crisis into the community, organising events conducive for counteracting the social exclusion of people with mental illness and promotion of mental health.