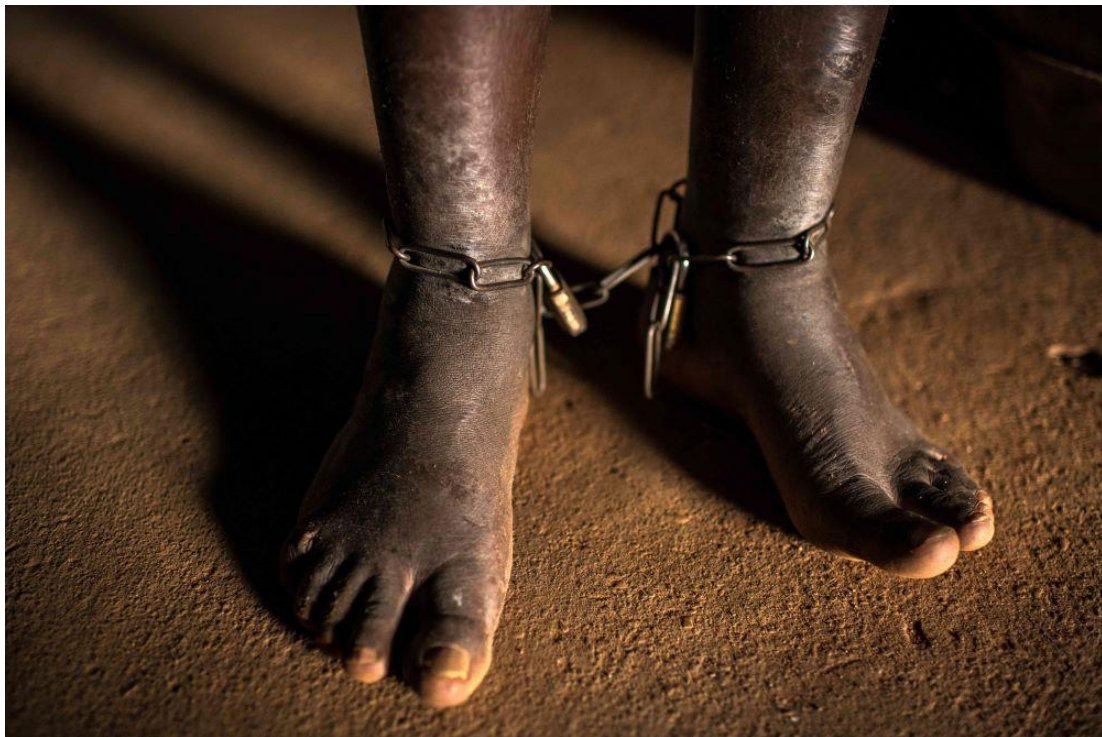


People with mental health conditions locked up in chains



Living in Chains. Shackling of People with Psychosocial Disabilities Worldwide.



HUMAN
RIGHTS
WATCH

About us

We are called Human Rights Watch.



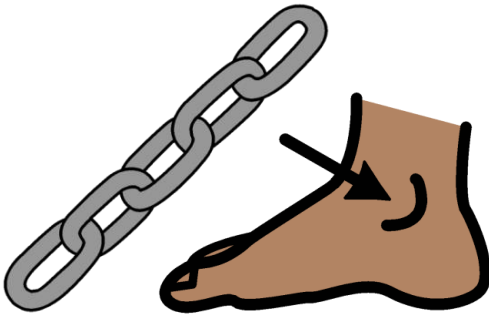
We work to make sure that everyone in the world is treated fairly and gets their rights.

About this report



This report is about people with mental health conditions around the world.

People might have a mental health condition if they feel upset, worried or scared a lot.



Many people with mental health conditions are locked up in chains in small spaces.



We looked at what is happening with this.

We found out lots of information.

We talked to people in different countries to find out what was going on.

What is happening to people with mental health conditions in the world?



Many adults and children with mental health conditions live away from their families.

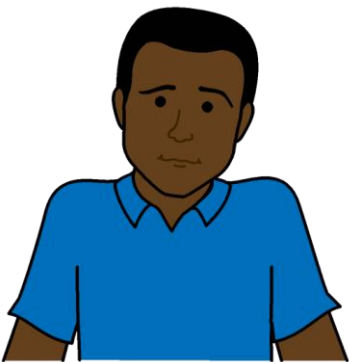
For example, in places for people with mental health conditions.

We will call them mental health places.



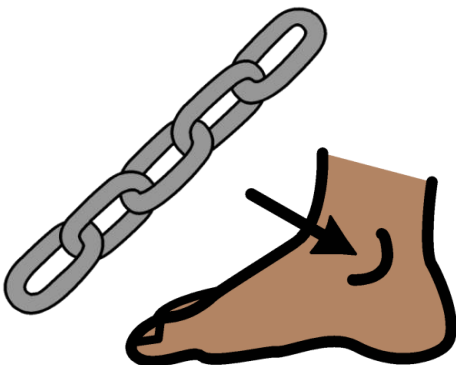
Some mental health places are run by the government.

Some places are run by religious groups or other people in the community.



Many people with mental health conditions are forced to live in these places.

People might not ask them first or tell them what is happening.



Many people with mental health conditions are kept in chains in the mental health places.



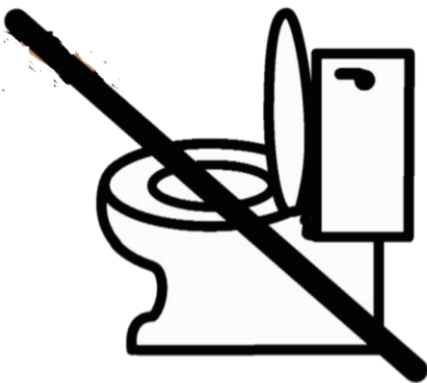
They might be locked in a room, a shed, a cage or place where animals stay.

They cannot stand up or move around when they want to.



People with mental health conditions who are locked up are often unsafe.

For example, people might hit or hurt them.



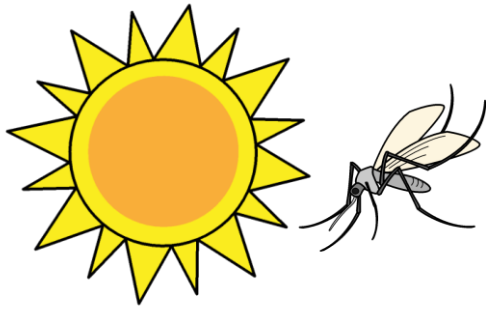
The mental health places are often dirty with too many people.

People with mental health conditions might have to eat, sleep and go to the toilet in a very small space.



Sometimes people are locked together with other people.

This means they have to do everything together.



Some people with mental health conditions are locked up in chains outside.

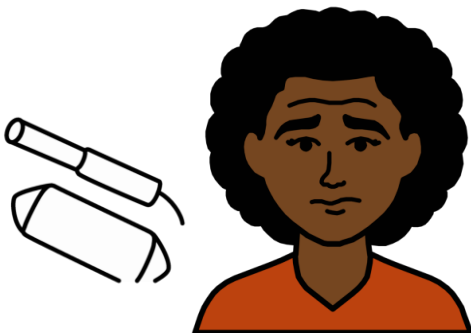
They might not be safe from the sun, rain and insects.



Some people with mental health conditions might not get enough food to eat.



Some places might force people with mental health conditions to take medicine or other things like herbs.



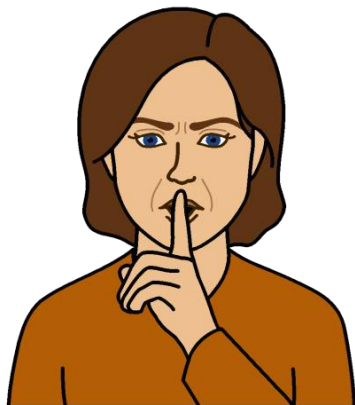
Women and girls might not get the things they need to keep clean during their periods.

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

People with mental health conditions might be kept in chains for many days, weeks or years.



This can make them upset, scared and ill.

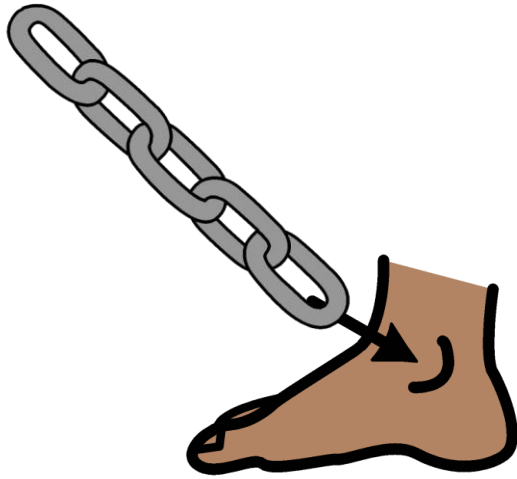


Many people do not know that people with mental health conditions are locked up in chains.

No one talks about it.



But we found it was happening in many parts of the world.



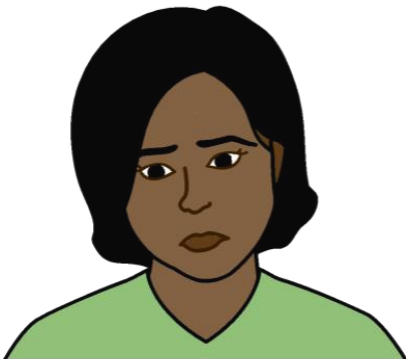
Why is this happening?

There are many reasons why people with mental health conditions might be locked up in chains.

For example:



Families might find it hard to care for people with mental health conditions.

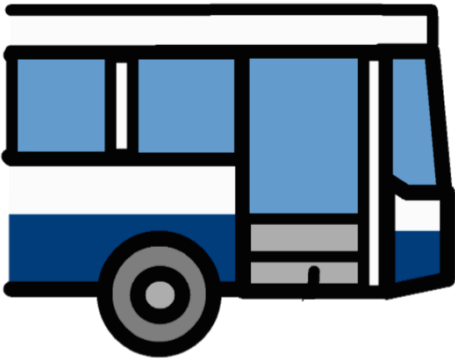


There is often no support for people with mental health conditions and their families near where they live.



Many governments spend very little money on mental health support.

Many people with mental health conditions cannot afford mental health support if there is any.



Some mental health support might be free or low cost.

But it might be too far away.
Or transport might cost too much.



Many people have wrong ideas about people with mental health conditions.

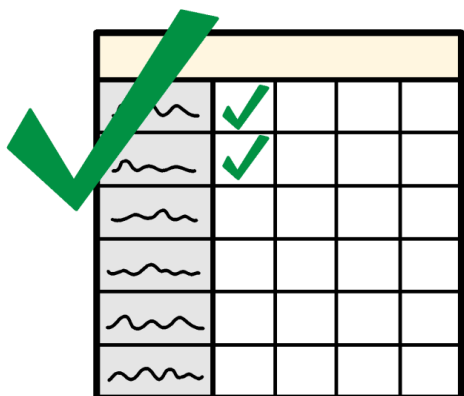
For example, they might think that people with mental health conditions are bad or dangerous.



Some people with mental health conditions might not get help from mental health services because of this.

They might go to religious people or other people in the community instead.

What we want to happen next



There are some things we want governments and other organizations to do.

This includes religious places and other places where people with mental health conditions might live.



Stop people with mental health conditions being locked up in chains.

Make laws and rules about this.



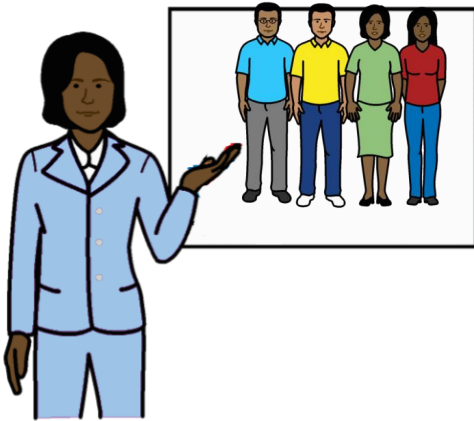
Keep visiting places where people with mental health conditions live.

Make sure people are not kept in chains or treated badly in other ways.

Write reports about the visits.



Make sure that adults and children have good mental health support if they have been kept in chains.



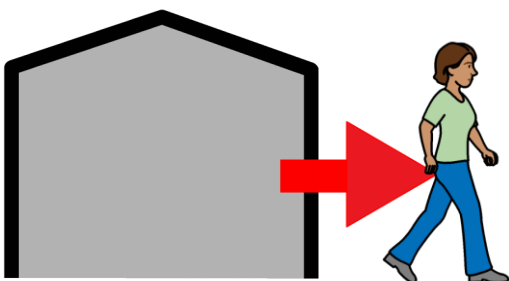
Give staff training about people with mental health conditions and their rights.

For example, health workers, and people who work in mental health places.



Help more people in the community know about people with mental health conditions and their rights.

People who are leaders in the community can help with this.



Make plans to stop people living in mental health places.



There should be good support for people with mental health conditions near where they live.

Work should start on this straight away.



Make sure there is money to pay for better support for people with mental health conditions.



Have safe ways for people with mental health conditions to complain if they are treated badly where they live.

Make sure the complaints are looked into.



Get better information about why people with mental health conditions are locked up in chains.

And what can be done to stop it.



Make sure people with mental health conditions have all the support they need where they live.

For example, housing, education, jobs and health care.



Make sure people with mental health conditions are not forced to stay in religious and community places.

They should be able to:

- Leave when they want
- Say yes or no to medicine
- Choose the support they want



Work with people with mental health conditions on these things.



Other countries and organizations in the world can help with this work.

For example, by giving money and other support.