



ANNUAL REPORT



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Highlights

January

Establishment of the Veteran Mental Health Center of Excellence (VMHCE) as an academic and clinical base in Ukraine in partnership with the King's College London and Taras Shevchenko University of Kyiv.

May

Opening of the Center for Medical Rehabilitation and Mental Wellness at the Base Hospital, Mankulam, together with our member GIP Sri Lanka.

The Fourteenth International Sakharov Conference "Hidden Wounds of War" took place in Kaunas, Lithuania.

Training of 80 Ukrainian mental health professionals on veteran mental health care.

July

The Veteran Mental Health Center of Excellence in Kyiv, Ukraine became operational with a team of three and the first research proposal on the role of family members in veteran mental health support is submitted.

September

Annual meeting of the FGIP Board with Directors of member organisations.

October

FGIP sponsors and co-organises the 10th Annual Ukrainian Psychiatric Association International Conference.

Training of 80 Ukrainian mental health professionals on veteran mental health.

Coordination of a visit and production of a documentary with General Romeo Dallaire at the frontline in Ukraine.

November

Launch of our first public Strategic Plan 2025–2030.

December

Publication of a smartphone application for the Ukrainian online psychological aid platform Samopomich.

Dissemination of 5000 children books on how to live with a mentally affected parent following the war in Ukraine.

FOREWORD

In front of you is the Annual Report of Human Rights in Mental Health-Federation Global Initiative on Psychiatry covering the year 2024. The report first includes an overview of our goals, mission and vision and work carried out during the year, as well as information on the executive bodies of the organization, and is then followed by the financial accounts of 2024.

For the third year in a row, the working of the FGIP in 2024 was dominated by the war in Ukraine. The psychological consequences of the war for the Ukrainian population, and the extremely difficult circumstances under which the mental health professionals tried to continue their work, were for us naturally the priority focus. However, we also turned our activities increasingly to what is probably the greatest challenge Ukraine will have to face once the war is over: the rebuilding of society, the return of military to civilian life and the painful digestion of all the pain and psychological damage that has been caused by this war of destruction.

The war will leave scars for generations to come, but the most difficult phase will be the reintegration into society of military and veterans, and the return of the millions of refugees from abroad. Many families will most probably not survive the years-long separation, and rates of divorce and domestic violence will skyrocket. Many of the more than a million men and women who joined the army and had front line experience will be traumatized by what they witnessed, will have difficulty returning to their families and communities, and some will commit crimes as a result of war trauma. To prepare society for this needs major investments now, while the war is still raging.

In order to do this we invested a lot of time, effort and finances and building up programs that focus on the above-mentioned issues, which you will read about in detail in this report.

We also continued our work for victims of repression in Belarus, prepared for the 45th anniversary of FGIP in organizing a number of events including a major conference on innovations in mental health care delivery to be held in Colombo, Sri Lanka, in February 2025, and implemented many other programs to promote mental health reform and make sure mental health remained on the agenda globally.

On the brink of our 45th anniversary, we realize that our work is important more than ever. While mental health is now universally recognized as a priority, we also see that the challenges and needs grow even faster, and need to be addressed. No time to waste, our work is necessary more than ever.

I would like to thank all our donors, big and small, for their incredible support. Without them this would not have been possible. We are living in complicated times, but without you we would not have been able to achieve the results that we now share with you.



Robert van Voren,
Chief Executive

June, 2025

WHO WE ARE

Human Rights in Mental Health – FGIP is an international federation of not-for-profit organizations that promote humane, ethical and effective mental health care throughout the world. The organization aims to empower people and help build improved and sustainable services that are not dependent on continued external support. The defense of human rights in mental health care delivery is the cornerstone of our work. We consider it our prime obligation to speak out whenever and wherever human rights abuses in mental health practice occur, and work with local partners to amend the situation and make sure the human rights violations in question are discontinued. The basis in all our activities is partnership.

Although FGIP was established as a new legal entity in 2010, the history of the organization goes back to 1980 when it started as a human rights organization with the goal to end the incarceration of dissidents in psychiatric hospitals under the name International Association on the Political Use of Psychiatry (IAPUP). Since then, we have come a long way, developing from a volunteer organization into the federation we are today, with member organisations actively engaged in at the intersection of mental health and human rights in seven countries, and the headquarter located in Hilversum, Netherlands. The FGIP now functions as the umbrella organization of the various independent FGIP member organizations AND is implementing its own activities. The original founding organization of the federation, the International Association on the Political Use of Psychiatry (IAPUP), renamed in 1989 into Geneva Initiative on Psychiatry (GIP), is now continuing its work as GIP-Benelux (Belgium/Netherlands/Luxembourg).

The present report gives a detailed overview of the FGIP's 2024 OWN program and activities, and briefly showcases the achievement of its federation members.

STRATEGIC RETHINKING

The FGIP has been at the forefront of upholding human rights in mental health since its establishment 44 years ago. Next year, in 2025, we will celebrate our 45th anniversary. On this occasion, and in response to the current world challenges, and in particular the full-scale invasion of Russia into Ukraine, we felt the need to introspect and review our place in today's mental health sector. Our roots are knit tight with the former Soviet Union, and the emerging independent states after the fall of the Berlin Wall. Upholding the rights of all those with mental health challenges, and in particular defending the rights of all those who face the political abuse of psychiatry as a means of silencing, will always be at the heart of what we do. But so far, we have not worked in the context of war. And while we are born in a context with no civic space, we have fully enjoyed the opening of civic space over the last 35 years, just to witness its closing again today.

Our focus in 2024 was therefore combined with a strategic thinking process that should help us guide the organisation over the next five years. Both the Board and the Executive Committee of the FGIP were closely involved in this process, initiated and accompanied by a Working Group that included the Chief Executive Robert van Voren, the Secretary Nicole Votruba, the Treasurer Arjan Pronk, the Director of the GIP America as representative of the FGIP member organisations as well as Board member Florian Irminger. The process was accompanied by Anna Rottenecker, an external consultant and expert in organisational development for human rights organisations.



Throughout 2024, the process involved 2 in-person meetings and 2 online meetings with the Working Group, 1 in-person meeting with the Directors of the initial FGIP member organisations, 1 in-person meeting with the Executive Committee, numerous lively individual online meetings and email exchanges.

At the end our new Strategy 2025 to 2030 saw light, reaffirming our strong belief that every society has a special obligation to establish a comprehensive, integrated system for providing ethical, humane and individualized treatment, care, and rehabilitation, and to counteract stigmatization of, and discrimination against, people with mental disorders or histories of mental health treatment, and this in any context. The FGIP identifies itself as a global network of cooperation amongst national institutions promoting human rights in mental health at the national level, associated to a strong international leadership by the Federation itself.

OUR GLOBAL VISION

We envision societies free from mental health related stigma, discrimination and injustice, in which every person can realize their potential and enjoy their full rights.

OUR GLOBAL MISSION

The global mission of FGIP is to develop human rights-based policies, systems, and practices in mental health. To ensure sustainability, FGIP empowers people, engages communities and authorities, consistently together with people with lived experience. We expose and counter politically motivated abuses and misuse in mental health wherever it occurs.

ACTIVITIES 2024

In continuity of previous years, the FGIP prioritised the promotion of mental health and the protection of rights of persons with mental health challenges in Ukraine, Belarus and Russia and continued to share its experiences and lessons learned with the mental health profession and policy makers both for public health and justice reform.

UKRAINE

With the ongoing war in Ukraine, FGIP set its focus on the forgotten people in the Ukrainian mental health care system.

Veterans, frontline workers, medical first responders and their close family members.



The establishment of the **Veteran Mental Health Center of Excellence (VMHCE)**, in cooperation with the Kings College, United Kingdom, and the Tara Shevchenko University, Ukraine in January 2024 was a major success of our ongoing advocacy work since the beginning of the war. The Center is meant to become a key knowledge center on military and veteran mental health in Ukraine, comprised of a research department, a training center with an e-learning platform, a day clinic and also a clinical department for especially complicated cases. In June 2024, we hired the Executive Director, the Head of Research and

the Head of the Clinical Department of VMHCE staff members and building renovations on the premises of the Tara Shevchenko University started in November 2024. In addition, we held numerous meetings with the Ukraine Ministry of Defence, the Ministry of Veterans and NATO representatives to include the prevention of mental health challenges and access to mental health care support into Ukrainian's public health system.



In May 2024 with co-organized the **14th Sakharov Conference "Hidden Wounds of War"** in Lithuania that brought together over 1000 international researchers on veteran mental health, Ukrainian military members, members of family organisations and Ukrainian mental health professionals to develop a roadmap for a future chain of services for mental health care of veterans in Ukraine. In October 2024, we coordinated and sponsored the **United Psychiatric Association Annual Conference** to continue the discussions and finalise a roadmap for the future work of the Veteran Mental Health Center of Excellence.

Throughout the year, a total of 160 mental health professionals received in-depth **training** on best ways to accompany veterans in their mental health rehabilitation journey, the importance of community resilience and peer support.

In December 2024, we published a **first-aid smartphone application**, available for Android and Apple phones, on operational resilience to support all those who regularly experience extreme stress situations to prepare for mental health challenges, recognise and respond to first signs and help others who find themselves in an acute mental health crisis. The application also contains the Operational Resilience Module, dedicated to support all those working at the frontline with a mental health emergency first-aid kit.



To raise awareness and understanding on **Post-traumatic Stress Disorder** (PTSD), the most severe mental health consequence of the war that impacts those who suffer for the rest of their lives, as well as their immediate surroundings, we translated and disseminated 1000 copies of the **memoirs of General Romeo Dallaire**, the Commander of the UN Peace Forces during the 1994 Genocide that took 800,000 lives in 100 days and who subsequently suffered for many years from the consequences of this experience, into Ukrainian. Together with General Dallaire, we travelled to the frontline to talk to soldiers, first responders, family members and people living close to the frontline about their experiences and commissioned a **documentary**, with General Dallaire, on the vital need to make mental health support accessible as soon as possible after the exposure to violence and war. At the same time, we translated a **children book**, developed by the German Bundeswehr, on how to deal with a PTSD-affected parent into

Ukrainian, and disseminated 5000 copies to medical institutions and hospitals hosting children and families of Ukrainian soldiers, schools, libraries, psychologists, churches, public and social organisations.



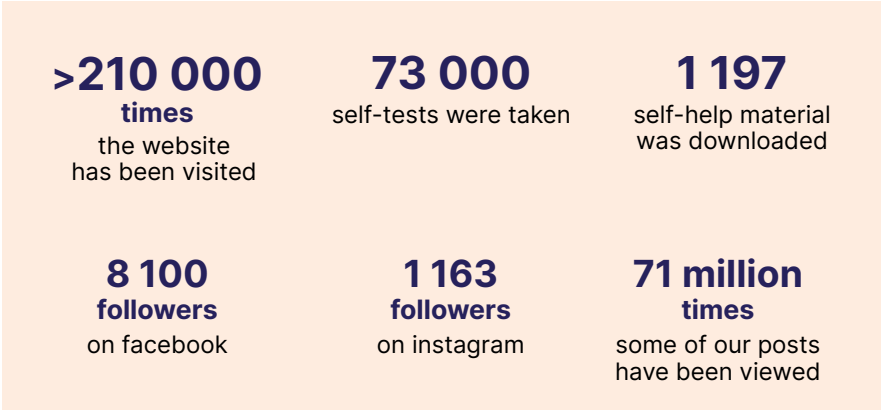
Mothers share that their children constantly ask to read the book again. It has become an evening tradition. Some families have finally waited for their fathers to return from captivity, and these books have become a revelation in their homes.



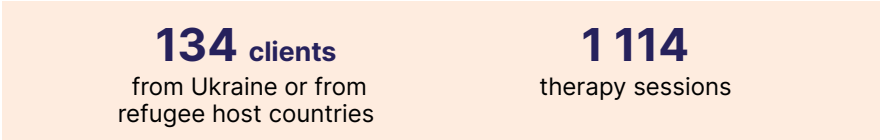
We offered in-person **therapy sessions to 98 injured soldiers** that had been transported for treatment to the Lithuanian military hospital in Vilnius.

Human rights defenders, refugees and internally displaced persons

Throughout 2024, we continued to offer psychological support via our online platform **Samopomich**. The platform is a combination of practical advice on social media two to three times a week, with a website to increase mental health literacy, self-testing and self-help and access to professional therapy. The website has been visited over 210 000 times, majority from Ukraine, but also from a variety of refugee host countries, such as Poland, Germany, Czechia, the United States, the United Kingdom, Canada and the Netherlands. 73 000 self-tests were taken, and self-help material was downloaded 1 197 times. Our Facebook page counts today 8 100 followers and has gathered 6 900 likes, with 1 163 followers on Instagram. Since its establishment in 2022, some of our posts have been viewed over 70 million times. In November 2024, we launched Samopomich as a smartphone application, available for Android and Apple phones.



With our online therapists, since 2022, a total of 134 clients, from Ukraine or from refugee host countries, received 1 114 therapy sessions.



At our Crisis center in Lithuania, established in Vilnius to offer psychological support to Ukrainian (and Belarussian) refugees, we accepted 119 new refugees in 2024 that received 514 therapy sessions. In total, we offered 1 288 sessions to Ukrainians, including to those who came to our center in 2023 and continued their therapy in 2024.



Prisoners

Despite a significant decrease in funding for the criminal justice sector, FGIP continued its engagement at the prison in Drohobych. Building on our work in 2023, we opened a day-time activity center for prisoners with mental health challenges, supported art therapy sessions and published a training module for prison staff.

We also met with relevant prison staff from pre-frontal institutions to discuss needs and challenges for mental health in the prison environment directly affected by the war.



BELARUS

Since the violent crackdown on protestors during the presidential elections 2020, the civic space in Belarus is quasi closed. At the time of writing, Belarus still counts over 1 300 political prisoners.

Only a total of 270 have been released in 2024, but new arrests continue. Arrest and ill-treatment, the witnessing of torture or the arrest of a family member and the constant fear of living in a highly repressive environment has led to a steep increase of ill-mental health in the Belarusian population, with no access to adequate mental health support.

In 2024, we continued to provide psychological aid to Belarusians via our online psychological aid program Samopomoch. We posted two to three posts per week on related social media channels. By the end of 2024, the Samopomoch Facebook channel had 1 900 followers and 1 300 likes, and one single of our posts generated 150 000 views. **The Samopomoch website has seen an increase in users by 246%.** Most of them used IP addresses from Russia, Belarus, Kazakhstan, German, Poland, the Netherlands and other countries.

Although we faced a significant decrease in funding, 52 Belarusians in acute need benefitted from 386 therapy sessions online, and our Vilnius Crisis Center supported 48 new cases of Belarusian with 351 in-person therapy sessions.



RUSSIA

Together with our partner, the Andrij Sakharov Center for Democratic Development in Kaunas, Lithuania, we continued to monitor cases of abuse of psychiatry in Russia.

In 2024, we found 20 additional cases that were added to our public database, and we published two analytical reports and two press releases in April and November 2024. In May 2024, our research led to an article on the political abuse of psychiatry in Russia in The Lancet, a world-leading weekly peer-reviewed general medical journal.



GLOBAL SHARING OF EXPERIENCES AND LESSONS LEARNED

The sharing of our experiences and lessons learned, and continuous own learning, is deeply enshrined in our organizational culture. In November 2024, FGIP Chief Executive held a session on mental health in times of war at the annual conference of the German Society for Psychiatry and Psychotherapy in Berlin, Germany, and spoke to the psychiatric staff and students at a conference organised by the University in Pittsburgh, USA.

At the Foreign Policy Center, a UK-based think tank, we were invited to publish an article on proactive measures needed to address the conflict related mental health crisis.

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Two years on: Proactive measures are needed to address the conflict related mental health crisis

Article by Prof Robert van Voren

February 21, 2024

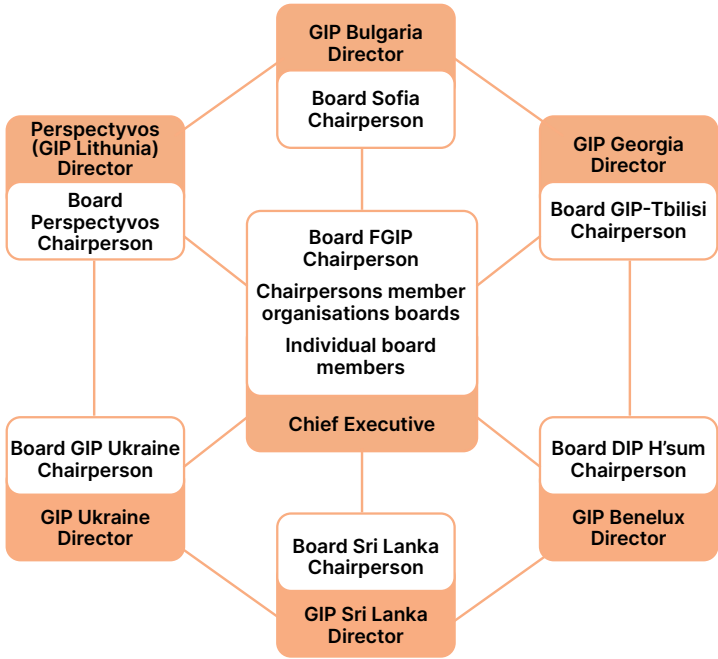


War in Ukraine
Reflections two years on

Robert van Voren
 Chief Executive of the international foundation 'Human Rights in Mental Health-FGIP

MEMBERSHIP

The strategic thinking process in 2024 led to a reaffirmation of the strong leadership of the FGIP within the federation and its role in implementing its own activities. Our federation members adhere to our global vision and mission, but apply individual strategies to best respond to the national and cultural context of the country they are established in. To respond to our unique set-up, the FGIP is composed of the Chairpersons of the Boards of our member organisations as well as selected individual Board members. We benefit from each other through mutual learning and experience exchange, and where ever we can, cooperate closely to enhance the protection of the rights of all those with mental health challenges. This is best illustrated by our structure:



The following shall give an overview of the support that FGIP has given to the federation members in 2024, as well as allow members to introduce their own highlights and lessons learned from 2024.

SUPPORT TO OUR MEMBERS

FGIP has supported GIP Georgia navigating to the challenging closing civic space following the adoption of the “Foreign Agent” Law. This law, passed in May 2024, requires organizations receiving more than 20% of their funding from abroad to register as “pursuing the interests of a foreign power” with the Ministry of Justice. This law has raised concerns about its potential impact on civil society and freedom of expression, with some describing it as a tool to stifle dissent.

2024 marked the 20th anniversary of the establishment of GIP Sofia, in Bulgaria. GIP Sofia has been one of the first regional offices of the FGIP that transformed into an independent organisation. FGIP’s Chief Executive as well as Rob Keukens, Director of GIP Benelux, Robert van Voren participated in the festivities and shared facts and anecdotes of the history of GIP Sofia with the invitees.

GIP Ukraine is the FGIP’s youngest member organisation, established in 2022. It is currently implementing the FGIP penitentiary program and is closely involved in providing online psychological aid to human rights defenders and first responders in the context of the war in Ukraine. Throughout 2024, it received substantial support, mentoring and coaching on a variety of topics with the aim to leverage the organisation to a fully independent and recognised actor in the Ukrainian mental health care system.

VOICES OF OUR MEMBERS

For the first time, we have made space to welcome the voices of our members in our annual report. As a federation with our own programs and activities, we are inspired by the work of our members that give important contributions to our own strategic thinking and planning.

From the US

GIP-USA is the USA presence of FGIP, with a main role in raising awareness and funds for FGIP’s main mission to support the development of humane and ethical mental health services in countries where structural human rights abuses in mental health occur. Over the last three years, our main goal was to raise awareness in the US regarding the mental health toll of the war in Ukraine and to help in providing funds for the FGIP projects in Ukraine. In 2024, GIP USA have organized a visit of FGIP’s Chief Executive to Pittsburgh, where he presented the FGIP Ukraine efforts during Grand Rounds for the Department of Psychiatry.

From Lithuania

Mental health awareness in Lithuania has grown in recent years, yet stigma remains a persistent challenge. In 2024, Mental Health Perspectives continued to play an active role in reducing stigma and shifting public attitudes by empowering individuals with lived experience to share their stories and by delivering targeted mental health literacy training.

Throughout the year, we implemented 13 national and international projects, producing 14 publications and engaging in 26 public communication activities, including media appearances and expert commentary. These efforts amplified the voices of those with lived experience. Our team contributed to numerous national and international policy-making forums, and our director, Karilė Levickaitė, was awarded the Order for Merits to Lithuania for her contribution to human rights-based mental health reform.

We continued our initiative to empower individuals with lived experience of mental health difficulties by supporting a network of 8 mental health ambassadors. These ambassadors actively participated in 7 public events where they shared their personal stories and recovery experiences. We organized a study visit from Iceland, hosting peer support experts and policymakers. This visit included meetings

with Vilnius municipality officials, the Ministry of Health, and mental health care institutions. Additionally, a co-creation workshop brought together people with lived experience and institutional stakeholders to collaboratively design peer support implementation guidelines, emphasizing equity, dignity, and participation.

We organized 46 training sessions reaching 820 professionals across Lithuania from sectors such as health care, education, social work, criminal justice, and civil society. These sessions addressed key topics including trauma-informed care, violence prevention, mental health literacy, de-escalation techniques, and human rights in service delivery, aiming to build both knowledge and values-based professional competence. We also focused on strengthening the rights of individuals with intellectual and/or psychosocial disabilities within the justice system by developing practical guidelines for law enforcement and producing accessible informational materials.

In response to the growing mental health needs of refugee and migrant populations, we implemented targeted interventions including 6 trauma-informed trainings for 109 professionals and 17 mental health literacy sessions for 310 specialists working with Ukrainian refugees, collectively extending culturally competent support to an estimated 13,400 individuals.

From Georgia

Georgia faced particular challenges in 2024, which were reflected in the work of GIP-Tbilisi.

On 3 April 2024, the Parliament of Georgia reintroduced the “Transparency of Foreign Influence” law, which poses a serious threat to civil society and democratic principles in Georgia. In response, on 25 April 2024, GIP-T, along with nearly 200 non-governmental and media organisations, suspended its cooperation with the government in protest until the law was repealed. Despite widespread public opposition, the law was formally adopted in May 2024, mandating organisations to register as “agents of foreign influence.” GIP-T has

opted not to register under the new legal framework, a decision that further challenges its ability to operate effectively. Despite these unforeseen circumstances, GIP-T has managed to achieve tangible results by implementing its current projects.

In 2024, several impactful initiatives were carried out to address psychosocial issues in Georgia:

Under the EC-funded project, over 1,500 young people and families received support through psychosocial centres in Tbilisi, Batumi, Gori, and Kutaisi. The Club Synergy (mental health service operating in Tbilisi and Batumi) continued to provide free-of-charge support to young people aged 14-25 for their mental health problems, including addictive behaviours. The multidisciplinary team, under the GIP-T supervision and guidance, offered online and face-to-face counselling to young persons and their family members.

We have introduced new courses on drug and crime prevention at Ilia State University, and mental health professionals have been trained in evidence-based treatments for drug users. Small community projects focusing on safety, rehabilitation, and raising awareness about addiction and crime prevention have also been launched.

Significant results have been achieved in working with individuals affected by the 2008 war and their family members. GIP-T outreach teams, under the project Solatium funded by the Trust Fund for Victims, have supported them by providing holistic bio-psycho-social rehabilitation assistance to help them recover and grow stronger.

The new initiative, “Comprehensive Approach to Integrated and Accessible Mental Health in Georgia (COMPASS—GE),” supported by the European Union, was launched in November 2024. The primary aim of this initiative is to systematically enhance Georgia's mental healthcare system through rights-based, evidence-informed policies and practices.

From the Benelux

GIP Benelux is a continuation of GIP Hilversum, the original domicile of FGIP.

Although mental health care in the Benelux is certainly not free of concerns, there are few areas in which we can play a direct, active role or have played a direct, active role compared to other regions. On themes surrounding the development of human rights-based policies, systems, and practices in mental health - which are in line with our guidelines, the mission and objectives of FGIP - deep-rooted, local organizations and stakeholders are usually active. More urgent needs in this area can be found outside the Benelux.

The role that GIP Benelux wants to fulfil in the coming years is first of all a continuation of the practice to date. To date, GIP Benelux has mainly offered support to initiatives developed by the other members of the federation in the form of making expertise available from our extensive network, consultation, supplying trainers, contributing to publications, organizing study trips to mental health practices here, and more.

From Ukraine

In 2024, GIP Ukraine prioritized penitentiary mental health reform as a key area of focus. In addition, the organization remained actively engaged in initiatives addressing the mental health impact of the ongoing war in Ukraine. Key activities throughout the year included:

- Providing direct psychological support to individuals traumatized by the war
- Participating in the development of the Veteran Mental Health Center in Kyiv
- Organizing training and conferences for mental health professionals and stakeholders
- Translating and publishing materials for individuals affected by the consequences of the war

Within the framework of the project “Modern and Diversified Prison Mental Health Care Services in Ukraine,” significant progress was made in expanding and strengthening mental health infrastructure within the penitentiary system. A key achievement was the establishment of a day activity center within the Drohobych penitentiary facility, housed in the renovated former surgical block of the prison. This center provides a structured, therapeutic environment aimed at promoting psychosocial rehabilitation for inmates with mental health needs. Over the course of two years, comprehensive training programs were conducted for staff not only from the Drohobych unit but also from newly established mental health units in Zhytomyr and Vinnytsia. These efforts contribute to the creation of a modern, humane, and multidisciplinary approach to prison mental health care in Ukraine.

One of the key initiatives in 2024 was a training program for penitentiary personnel, held in different cities of Ukraine. Training in Truskavets in June 2024 was aimed to enhance the capacity of staff working within the prison system to recognize and respond to mental health needs among inmates. The program focused on humane treatment, psychological first aid, and early identification of mental health conditions, contributing to the broader effort of penitentiary mental health reform in Ukraine. A workshop titled “Challenges Faced by Employees of Penitentiary Institutions in Ukraine’s War-Affected Regions: Concepts of Effective Support and Self-Care Strategies” was held in Poltava, Ukraine. The event addressed the unique psychological and operational challenges encountered by penitentiary staff working in regions impacted by the war. It focused on developing practical self-care techniques, stress management tools, and support strategies to promote the mental well-being and resilience of personnel operating in high-stress environments.

FGIP BOARD MEMBERS

The FGIP Board is a supervisory Board composed of like-minded individuals that have been strategically chosen for their professional background and ability to support FGIP's role. In addition, the chairpersons of each of our member organisations are automatically a member of the FGIP Board. The FGIP Board meets once per year, while the Executive Committee, comprised of selected Board members, meets three times per year.

Chairperson: George Szmukler, United Kingdom

Secretary: Nicola Votruba, Germany

Treasurer: Arjan Pronk, Netherlands

- Graham Thornicroft, former chairperson, United Kingdom
- Vanessa Cameron, former chairperson, United Kingdom
- Manana Gabashvili, Georgia
- Rob Keukens, Netherlands
- Tatiana Gurova, Lithuania
- Charlene Sunkel, South Africa
- Carmen Andreescu, USA
- Marianne Schulze, Austria
- Shehan Williams, Sri Lanka
- Mahesan Ganesan, Sri Lanka
- Florian Irminger, Switzerland
- Petr Winkler, Czechia
- Olena Protsenko, Ukraine



Human Rights in Mental Health

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