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### BIODATA

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### WRITTEN STATEMENT/INTERVENTION: CONSULTATION ON MENTAL HEALTH AND HUMAN RIGHTS, UNITED NATIONS OHCHR

My doctoral research critically examined the intersection of human rights and mental health, underscoring the urgent need for a human rights-based approach to involuntary treatment. The thesis posits that best practices in primary mental health care must integrate a rights-based, meaning-centered framework. This approach prioritizes personhood, bodily integrity, and autonomy, asserting that unconsented and paternalistic medical interventions significantly undermine the full enjoyment and assertion of human rights. It further emphasizes the necessity of recognizing individuals with mental health challenges as rights holders who must be protected from abuse, neglect, involuntary treatment, unconsented confinement, stigmatization, and discrimination.

Current national mental health laws and policies often create loopholes that allow third parties to bypass ethical considerations such as informed autonomy, non-maleficence, dignity, and informed consent. These ethical principles mandate that individuals are aware of their rights and provided with comprehensive information regarding their treatment. It is evident that involuntary treatments do not align with ethical standards and constitute a breach of international human rights law, particularly concerning Articles 3, 5, and 8 of the European Convention on Human Rights (ECHR), the Universal Declaration of Human Rights, and the Convention on the Rights of Persons with Disabilities (CRPD).

While international legal frameworks are valuable, national mental health laws and policies are crucial for advancing and embedding human rights in mental health care by aligning legal frameworks with ethical principles. Local policymakers, activists, and advocates play a vital role in transforming cultural attitudes, challenging discriminatory stereotypes, and promoting the understanding of mental health as a fundamental human rights issue. Bridging policy implementation gaps and integrating human rights into mental health care are essential for upholding the dignity, autonomy, personhood, and right to self-determination of individuals facing mental health challenges.