

“For ten years I was lost to my family but I have found my way back. I now advocate for change in the mental health services to continue. I am a spokesperson for change.”

– Anne, Mental health activist and MHR supporter

“If you don't have good mental health, you have nothing.”

– Regina, member of MHR's Grassroots Forum Advisory Group

Join Mental Health Reform

If you are part of an organisation that is concerned about mental health, make sure your organisation is a member of Mental Health Reform. To become a member, an organisation needs to sign up to our vision, mission and values.

As an individual, you can join the movement to change Ireland's mental health system. Hundreds of people have shared stories that have been brought to Government. Thousands have signed our petitions for progressive mental health reforms that have already helped many people recover their well-being.

If you would like to add your voice to ours to make mental health and well-being a national priority, or if you would like to receive our newsletter or any further information about Mental Health Reform, contact us on:

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Email: info@mentalhealthreform.ie

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 Facebook.com/mentalhealthreform

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Speaking Our Minds

Join Mental Health Reform and make mental health and well-being a priority



Together we can make Ireland the best place to recover from a mental health difficulty



Mental Health Reform
Promoting Improved Mental Health Services

Great minds thinking together

Who we are

Mental Health Reform is Ireland's leading national coalition of organisations driving transformation of mental health and well-being supports in Ireland.

Together, we can make Ireland's mental health supports really deliver for people – where they need them and when they need them.

We were formed in 2006 and we now have more than 50 member organisations representing a range of interests such as human rights, disability, children's rights and housing.

Tens of thousands of individuals also take action on mental health by signing petitions and connecting on Facebook and Twitter.

“Mental Health Reform provides an invaluable platform for a co-ordinated and effective lobby to ensure mental health services in Ireland are improved.”

– Amnesty International Ireland

Vision based on values

How we work

Our vision is for an Ireland where people experiencing mental health difficulties can recover their well-being and live a full life in the community. Our work is rooted in six key values:

- We follow best international human rights practices and standards.
- We believe that everyone must have equitable access to high quality mental health services.
- We support the empowerment of people and communities to shape the best mental health services.
- We strive to be independent and to have integrity across all our actions.
- We expect full accountability of Government and state bodies, and of ourselves.
- Our work is based on evidence of what works, adding value to mental health progress with principled pragmatism.



Making reform a reality

What we do

– Identifying gaps

We identify unmet mental health needs particularly among people who can fall through the net, like people with intellectual disabilities, those who are homeless or people from ethnic minorities.

– Developing best practice

We draw on best practice to advise Government and champion innovation in the supports provided to people.

– Building consensus

We work closely with our members and directly with people and their families using mental health services, bringing their voices and their needs to the attention of Government, the HSE and other key state bodies.

– Taking action

We work to raise concerns about mental health and the social inclusion of people with mental health difficulties, encouraging people to support and take action on our campaigns.

– Monitoring and reviewing

We monitor the actions of Government, the HSE and other agencies to ensure that they are measuring up on the commitments and promises they have made.