Mad Pride Manifesto 2019

The Mad Pride Day was born after a too long period of silenced screams.

Our suffering is not gratuitous, but expresses in a thousand different ways the inhuman evolution of a capitalist world that calls us to confrontation, exploitation and isolation. A world that rotates around discrimination axes that overlap in different and dynamic ways over our bodies: race, social class, gender, sexual orientation, functional diversity and diagnoses of mental health are part of this incomplete list of conditions that oppress and maximize our vulnerability and suffering.

We want to reach out and show our fraternity to all the oppressed and organized groups that share our fight against various forms of stigma and discrimination.

We call for the full recognition of the diversity of bodies, ways of feeling, desires and sexualities: we all enrich the sensitivity and plurality of our communities.

On our side, we demand to receive understandable, sufficient and truthful information about our treatment, that chemical prescription shouldn't be the basis of mental health; we also demand the right to be protected against torture and cruel treatment: zero contentions, both CHEMICAL and mechanical, zero isolations, zero involuntary hospital admissions, zero impositions, zero over medication, forced medication or electro-shock without consent or with forced consent, zero sterilizations or forced abortions and zero guardianships, forced custody and any form of substitution of decision-making capacity. We want our voice to be heard and taken into account, so that it is the one that marks the route of our project of life and self-determines our well-being.

In short, we demand to be recognized as citizens with full rights.

There are several proposals to facilitate some of these steps towards the respect for our rights: the houses of crisis, the open dialogue, the opening of the rooms for acute patients, the rooms with dim light -where to lower the state of agitation in a more natural way-, the inclusion of the accompaniment technician and mutual support from the first person (Peer To Peer), because it has been shown that this reduces the days of hospital stay, medication and containment. It is also important to guarantee the existence of multidisciplinary teams (psychologists, occupational therapists, social workers, Peer to Peer, etc.) for a comprehensive look at the person with psychic suffering.

All throughout the world, many celebrations are being held to raise awareness among the public about the stigma and discrimination for mental health reasons. The first-person collectives like us are expanding the mutual help groups, the accompaniment, the awareness raising teams, art as a strategy for recovery and the professionalization of the experience of so many of us, because we can be an engine for a more humane transformation of this world so that this helps us to travel in a faster and safer way the road towards recovery and hope.

In the struggle for the defence of our rights, we have come a long way full of challenges and difficulties. A path that fortunately in Catalonia continues, with the support, in part, of the public administration, some institutions and many associations and people.

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We want to stress the introduction of a strategic line in the new Public Policy Plans in the field of Mental Health in Catalonia that, for the first time, sets down the goal of improving care in relationship to our rights and to promote the empowerment of our collective. Likewise, we welcome the introduction of the recovery model that, based on the respect of our rights, establishes a global and coherent framework for this sought-after change.

These milestones, which make possible a breakthrough so that we can live freely, with dignity and be recognized as full citizens, have been possible, among others, thanks to the exercise of our citizenship. We have achieved recognition as political agents and we are participating actively in the definition and development of public policies that affect us.

On this day we want to share the joy of the landmarks achieved and also sound the alarms in relationship with the current threats to our collective.

We have alerted the UN that Spain is violating the rights of people with mental suffering, rights that Spain ratified in the Convention on the Rights of Persons with Disabilities. The delegation of the government, in the appearance before the Committee for the Rights of Persons with Disability of the UN, which was held last March, refused to our collective the condition of people with disabilities. The complaints made recently have allowed people with legal incapacitations in Spain to recover the right to vote.

We also want to promote a Law of Rights in the Field of Mental Health that guarantees the human rights and fundamental freedoms in an area of attention to the general population. All people may go through situations of suffering, precariousness, exclusion or diversity that end up in a process of psychiatrization and being diagnosed with a mental disorder. What is diagnosed as a mental disorder just keeps on growing in an intolerant society as well as the Big Pharma business that medicalizes all discomfort.

Together we can find the best way to deal with crisis situations, with a more human and holistic vision. We can and we must have a just society in which no single right is harmed and our differences are a wealth to everyone. For these reasons and because we celebrate our diversity, we join the call for the day of Mad Pride, to demystify in the first person the stigma that we, the people with emotional diversity, have endured for too long.

Today, May 19th, once again in Catalonia, together with Spain, we adhere to the international movement of the Mad Pride. We call on all organizations and individuals to support and celebrate the initiative of the Mad Pride. We want to fill the streets of Barcelona with demonstrations, joy and various social and cultural events. In this fight and illusion we thank the "Cupula Music", "Explosió Rítmica", Nayeli (interpreter of signs) and the support of the city of Barcelona in the celebration of this day. And finally to the organizing commission.

We are the owners of our life and our history.

"Pride Cures it!" TAKE YOUR MADNESS FOR A WALK!

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