Handout 6: Key Principles and Philosophies in Delivering Mental Health Services

Key principles and philosophies in delivering mental health services are:

- **Least restrictive care** - for example, a person being subjected to a Community Treatment Order (see the Glossary) rather than be involuntarily admitted to a hospital when refusing to take medication

- **Normalisation** - integration of the mental health sector into mainstream services

- **Consumer focused whole-of-lifespan approach** - focusing on the individual and his/her needs in all areas of psychosocial development throughout the whole lifespan

- **Community consultation** - service providers actively seek the views and opinions of consumers and their carers, interest groups and community based organisations as a means of determining community needs and appropriate service directions

- **Participation** - consumers, carers, community based community organisations and interest groups work in partnership with the service provider in planning and implementing services acceptance of difference - the interventions provided by the service take account of and cater for differences including: cultural, physical, religious, economic and social