

Empowering service users in your role as a mental health professional/ worker

‘Empowerment is a social process that challenges our basic assumptions about power, helping, achieving and succeeding. It fosters power in people for use in their own lives, their communities and in society by acting on issues that they define as important’.

As mental health and social work/care workers it is helpful to think about:

- What can you value
- How can you enhance self esteem/self worth
- How can you validate experiences
- How can you enable service users to face the stigma and discrimination inherent in society and cope with peoples reactions to them
- How can you strengthen and empower the individual
- How can you work within the system/the environment/with other workers to empower people.