

Alternatives To Coercion In Mental Health Care



Collaborative treatment

Collaborative treatment involves working closely with patients to create. Promotes patient engagement and ownership of their treatment, leading to better outcomes. a personalized care plan, incorporating their input and preferences.



Employment programmes

Assisting individuals in finding and maintaining employment, promoting financial stability, autonomy and self-esteem. Employment programmes support individuals in gaining independence, purpose, and financial stability through employment.



Supportive social activity networks

Community engagement and peer programs connect individuals with lived experience of mental illness with social groups and activities to provide guidance and empathy. These programs offer relatable support and reduce stigma by preventing the isolation of peers with shared experiences.



Mobile crisis teams and respite centers

Solutions to prevent crises in the community, offering on-the-spot assessments and assistance, and a safe and supportive environment for individuals in danger of suffering a crisis, providing alternatives to hospitalization. Allows to receive care and support in a less restrictive, more homely environment.



Mindfulness and meditation

Mindfulness practices and meditation techniques can help individuals manage stress, anxiety, and depression, fostering emotional well-being. Main Benefit: Enhances emotional regulation and overall mental well-being through mindfulness practices.



Sports and exercise as therapeutic tools

Using physical activities, such as sports, fitness routines, and outdoor activities, as part of a holistic approach to mental healthcare. These interventions enhance mental well-being by reducing symptoms of depression and anxiety, improving mood, and promoting overall health and mental resilience.



Plastic arts and music as therapy

Plastic arts and music as therapy offer creative outlets for emotional expression and healing, supporting individuals in their mental health journey. Promotes self-expression, emotional release, and therapeutic catharsis through artistic mediums.



Recovery oriented action plans

Structured supported and self-help plan that empowers individuals to develop their own strategies for managing their mental health. Recovery oriented action plans equip individuals with tools and strategies for ongoing self-management and crisis prevention.

Authors: Garcia Torrents, Enric
Lirola, María-Jesús

Contact: enric.garcia@urv.cat



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