

# **MULONGO DIASPORA FOUNDATION**

INTERNATIONAL SUMMIT ON MENTAL HEALTH  
AND DISABILITY 2023 SCHEDULED FOR  
4TH - 6TH AUGUST 2023, EVERYDAY FROM  
9 AM -4 PM.

## **THEME**

INCLUSION AND RESILIENCE FOR EVERYONE.



## **SUGGESTED TOPICS FOR DISCUSSION AT THE INTERNATIONAL SUMMIT ON MENTAL HEALTH AND DISABILITY 2023**

1. Inclusion as tool of promoting resilience among people with mental health and disability.
2. Understanding mental health and disability.
3. Stigma and discrimination.
4. Importance of person-centered care in mental health and disability.
5. Communication strategies for interacting with people with mental health and disability concerns.
6. Access and accommodations in the workplace, education, and healthcare settings.
7. Mental health and disability in the intersectional context (race, gender, sexual orientation, etc.)
8. Creating an inclusive and supportive environment for people with mental health and disability concerns.
9. Self-care and self-advocacy for people with mental health and disability issues.
10. Best practices in mental health and disability inclusion in policy and practice.
11. Current research and developments in mental health and disability support.



## **SUGGESTED QUESTIONS FOR DISCUSSION AT THE INTERNATIONAL SUMMIT ON MENTAL HEALTH AND DISABILITY 2023**

1. How can we reduce stigma and discrimination towards people with mental health and disability concerns?
2. In what ways can society create more accessible and inclusive spaces for people with disabilities?
3. What are some common misconceptions about mental health and disability, and how can we dispel them?
4. How can we support people with mental health and disability concerns in the workplace or educational setting?
5. How can we ensure that mental health and disability concerns are addressed and accommodated in healthcare settings?
6. What are some strategies for effective communication with people who have mental health or disability concerns?
7. How can we promote self-care and self-advocacy for people with mental health and disability issues?
8. How can we challenge the medical model of disability and move towards a social model of disability?
9. What role do intersectional identities (race, gender, sexual orientation, etc.) play in mental health and disability inclusion and resilience?



10. How can we create safe spaces for people to share their experiences with mental health and disability?
11. What policies and practices are currently in place to support people with mental health and disability concerns, and how can they be improved?
12. What are some ethical considerations in mental health and disability support, and how can we ensure that we are providing ethical care?
13. How can communities come together to support people with mental health and disability concerns?
14. How can we create a culture of resilience and support for individuals with mental health and disability concerns?
15. What are some ways in which individuals and organizations can support mental health and disability advocacy and activism?

**Compiled by**

Mulongo Diaspora Foundation (MDF)