

Maxwell's Story

Removing the shackles; regaining dignity and respect



Suffering from psychosis in Ghana, Maxwell dropped out of university and was restrained in iron shackles to control his violence. Maxwell's family sought help from traditional healers which drained their resources. With the lack of accessible mental health care, Maxwell had little hope for recovery.

When BasicNeeds and its Ghanaian partner brought an outreach clinic to the community, Maxwell was seen by a psychiatrist, diagnosed, and started on appropriate medication. His condition improved and the chains were removed. Now, free of the shackles, Maxwell can bathe properly, ride a bicycle, and work on the family farm. He participates fully in his family's decision making and has gained respect in the community.



Our Challenge

Expanding to meet the ever present need and growing concern

BasicNeeds is energized by the change that we have achieved for individuals, families, and communities affected by mental disorders. We embrace the challenges of future growth knowing that we have the knowledge, tools, and resources to transform lives.

Your Support

The recovery of the people we serve, and the quality of life for their families and communities, depends on BasicNeeds. We depend on you. Your gift not only funds aspects of our current work – community-based treatment, livelihood support, social services – but also helps us build capacity of others to deliver high quality care and to reform mental health policies and practices.

Your support will make a difference. When you contribute to BasicNeeds, your money goes where it has the greatest impact.

- **\$10 Buy medication** for a person suffering from schizophrenia and living in poverty (1 month supply).
- **\$50 Train a primary care staff person** to diagnose and treat mental illness (2 days).
- **\$300 Start a business** for a self help group of recovering people desperate to be productive and valued in their community.
- **\$5000 Initiate BasicNeeds work** in another district of a developing country.

Please contribute to BasicNeeds by making a credit card donation at basicneedsus.org or by sending a check to:

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BasicNeeds

Mental health is a right, not a privilege



BasicNeeds
BasicRights

Our Purpose

Focusing on poverty and human rights

BasicNeeds believes that mental health is a right, not a privilege. For millions of people around the world, this is not the case. For them, mental illness is a world of poverty, stigma and isolation. BasicNeeds was founded in 1999 to transform lives by providing access to integrated health, social, and economic services for people with mental disorders and epilepsy in the world's poorest communities. In the process, we empower individuals, involve families and communities in social change, and partner with other organizations to influence public opinion and policy.



Our vision is that the basic needs of all people with mental disorders and epilepsy throughout the world are satisfied and their basic rights are recognized and respected.

Our purpose is to enable people with mental disorders to live and work successfully in their own communities.

BasicNeeds currently has programs operating in Ghana, Uganda, Tanzania, Kenya, India, Nepal, Sri Lanka, Laos, and Vietnam.

Our Approach

Linking mental health and development



BasicNeeds recognizes that to bring about and sustain positive change, mental health, social, and economic issues must be addressed concurrently. Our model consists of five modules:

Capacity building. Building the capacity of our partners, including self help user groups, NGOs, government health organizations, and community-based workers.

Community mental health. Mobilizing clinicians from the public sector and community health workers to provide mental health services in community health centers.

Sustainable livelihoods. Supporting individuals with mental disorders and epilepsy, their families, and self help user groups to engage in productive activities.

Research and policy. Bridging the gap between policy and practice by conducting research on program outcomes and coordinating mental health policy reforms.

Management. Managing partnerships to ensure quality in delivery of the Mental Health and Development Model and to inform effective program planning.

Our Achievements

Serving 78,036 people with mental disorders; Advancing mental health policy and practice

Service. BasicNeeds has reached 78,036 people with mental disorders and epilepsy, providing appropriate treatment, social support, and livelihood services. Of the 28,053 of these individuals who were treated in 2009, 87% gained the capacity to work productively or continue their education, and 37% now earn incomes. 18,483 participants and their care givers are currently members of 659 self help user groups.

Advocacy. BasicNeeds' country programs are broadening their impact by intensifying national level advocacy. For example, in India, Ghana, and Laos, we are expanding our influence through empowered user groups, strategic alliances, and engagement with influential government officials. These efforts are changing mental health practice and policy in countries that desperately need such reform.

Research. BasicNeeds' research on the treatment of mental disorders in the context of poverty produces evidence to inform mental health and development policy. We collaborate closely with academic institutions, and work through influential global channels, to motivate needed change. We are actively involved in important international networks, such as the Global Forum for Community Mental Health and the Movement for Global Mental Health.

