



Letter for the Candidacy for the Board of Directors of the European Disability Forum

March 2026.

Dear Delegates of European Disability Forum

Mental health, or the lack thereof, is a matter of urgency. Since the pandemic, there has been an explosion of cases, and public opinion has begun to address the issue as never before. Social media has also been flooded with testimonials, and emerging influencers have shared ways of coping, an aspect that has been growing.

However, the real, the authentic mental health problems and their impact on the lives of those who suffer from them remained hidden or in the background, as always, excluded from the conversation.

As the June 2020 editorial in The Lancet rightly pointed out, those of us who face these challenges are often victims of the “Matthew Effect”: “Those who have the least, even the little they have, is taken away from them by the system.” This reality, tainted by stigma and discrimination since the dawn of civilization, is what people with psychosocial disabilities face every day, in all areas of our lives.

My commitment in presenting this candidacy is to transform this reality. For people with psychosocial disabilities to enjoy the same rights as any European citizen, visibility is not enough; we need technical, firm, and human rights-based political advocacy for the still prevalent biomedical approach to mental health, institutionalization, deprivation of legal capacity and especially coercive measures in psychiatry

In this regard, the **European Disability Forum (EDF)** has been a long-standing ally. I am convinced that the European Union needs to strengthen its ties with organizations such as **ENUSP**, whose approach is strictly aligned with the **UN Convention on the Rights of Persons with Disabilities (UN CRPD)**.

As member of the EDF Women’s Committee for the last two terms, I have raised ENUSP’s special concern, about women with psychosocial disabilities, who may be required to undergo sterilization without consent, who may be 8-10 times more often victims of violence and who have big difficulties with access to justice and support. ENUSP has bring this discriminatory situation

If elected, I will contribute my experience, my capacity for work, and my organization's unwavering commitment to ensure that our voice is not only heard but also binding in European policies. You can count on my total dedication to representing our community with the dignity and rigor it deserves.

Thank you for your trust and attention.

Sincerely,

Guadalupe Morales Cano. **ENUSP, European Network of (Ex-)Users & Survivors of Psychiatry.** (Spain)