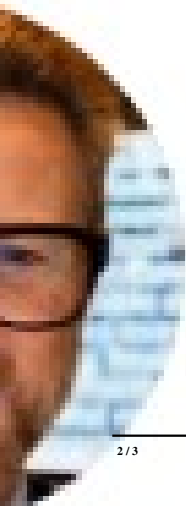
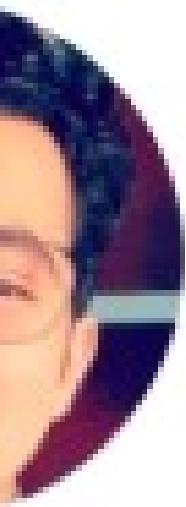


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World Health Organization



Ms Amira Aly El Gamal, President, Our Step Association, Jordan

I was in the dark about my mental health condition and suffered for years. It weighed heavily on me. But with the right support, treatment and training opportunities, my perspective and life changed. I now understand my condition, know my rights, am empowered, and work every day to do the same for others.

Ms Cyrine Farhat, Founder, Positive on Glucose, Lebanon

Listening to people living with noncommunicable diseases actually helps to have better outcomes, highlight their needs and bring the community together.

Mohammed Seyam, International Diabetes Federation, Young Leader in Diabetes, Palestine

I'm filled with hope as I was listening throughout the day, to what WHO is working on, to the progress we are making... and bettering our futures.

In her closing remarks, Dr Devora Kestel, Director, Department of Mental Health, and Substance Use, WHO headquarters highlighted that “the active participation of people with lived experiences helps to create policy, service and systems reforms that are truly responsive to their needs.”

Following these regional consultations, WHO will explore next steps on how to meaningfully engage people with lived experiences further in the regions and support the co-development of a WHO framework on the matter. This framework is expected to establish and fill the gap for the evidence base for meaningful engagement and provide the opportunity for further knowledge collaboration to support this area within the noncommunicable diseases and mental health agendas for WHO, countries and other key stakeholders at regional and national levels.

Related links

[Global Coordination Mechanism on the Prevention and Control of Noncommunicable Diseases](#)

[Mental health](#)

[Noncommunicable diseases](#)

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