

### **Box 1 Case study: role of family associations in improving quality of mental health care in Morocco**

In February 2007, a group of family members in Morocco created the AMALI association ("my hope" in Arabic) in order to improve the quality of life of mental patients and to advocate to the community and decision-makers for better care for mental health problems. AMALI aims to: fight taboos and stigmatization, isolation of patients and families, discrimination and social rejection of patients; advocate to decision-makers for improving the quality of hospital infrastructure, for better access to care and for availability of treatment for the most socially vulnerable populations; contribute to and promote legal texts for the protection of human rights of patients; promote the development of institutions for social rehabilitation of mental patients; receive families, listen to their problems and inform and train them with psychoeducation programmes, e.g. the Profamille programme; and participate in national and international congresses as well as seminars on mental health.

The activities of AMALI have helped the Minister of Health to declare mental health as the second highest priority of the Ministry and have contributed to the report of the Moroccan national council of human rights (Comité National des Droits Humains) describing the shortcomings of psychiatric institutions and the solutions to adopt. AMALI association helped also in creating the first association of psychiatry service users in Morocco (Association Marocaine des Usagers de la Psychiatrie).