

Fundamental rights	Rights granted to each individual and made up, in the broadest sense, of human and citizen's rights and civil liberties. They guarantee that everyone is treated with dignity. Fundamental rights are guaranteed by international laws and treaties.
Legal capacity	Right to hold rights, and to exercise these rights. The right to legal capacity is necessary for the enjoyment of all other rights. It allows people to make their own decisions, to participate in society and to be recognized as full citizens.
Full citizenship	Access to all civil rights on the same basis as any other citizen.
Seclusion	Isolating an individual away from others by physically restricting the individual's ability to leave a defined space (confinement): locking someone in a specific space (e.g. room, shed, cell) or containing them in an area by locking access doors, telling them they are not allowed to move from that area or threatening or implying negative consequences if they do.
Restraint	Physical (or mechanical) restraint : interventions undertaken with the use of devices to immobilize the person or restrict a person's ability to freely move part of their body (belts, ropes, chains, shackles and tightened cloth). Manual restraint : interventions done with hands or bodies without the use of any device. Chemical restraint: use of medication administered against the person's will in order to control a person's movement and/or behaviour.
legal assistance	possibility of being advised, defended, and represented by a legal expert
Participatory approach	Active involvement of the people concerned , e.g. in care pathways or in the evaluation of mental health services.
Effective participation	Play an active role in decision making entities
Individualized recovery plan	User-led document that is written and implemented by the person themselves. It should identify the needs, strengths and assets of the individual and may have several components, including a plan for pursuing dreams and goals, a wellness plan, a plan for responding to a crisis, ...
Evaluation tools	... (questionnaires, participation scales, action plans, etc.).
Experiential knowledge	Knowledge derived from lived experiences
Participatory research	Research based on a partnership between researchers, users and carers
Community mental health	Services offered as close as possible to where users live, integrated in the city, linked with other services and taking into consideration all aspects of people's lives (care, housing, activities, recreation, culture, etc.).