



**ERNI**  
*emotions are not illnesses*

[ernimovement@gmail.com](mailto:ernimovement@gmail.com)

[www.ernimovement.com](http://www.ernimovement.com)



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## OBJECTIVES OF THE ERNI DECLARATION:

1. To connect and make the voices of ERNI-minded professionals more audible
2. To connect and make the voices of ERNI-minded users of services more audible.
3. To make the principles of ERNI more visible.
4. To influence the development of services

## Website

The ERNI website is now live. Find it at [www.ernimovement.com](http://www.ernimovement.com)

Within it is the register of signatories who have given permission to publicly share their names. **If you believe that you have provided this permission but you cannot see your name, please email [ernimovement@gmail.com](mailto:ernimovement@gmail.com)** to let us know. Because of the format of the declaration, some people have ticked 'public' and 'private' settings. We have not published these names.

The website is still in its infancy and we are looking to form a small international review team to offer feedback / review what needs changing. Please get in touch if this is something you would like to contribute to.

The declaration can now be signed (in its English version) through the website.

## Blogs

There are now 2 ERNI blogs available to read and a third in production. Both of those published are available on the Mad in America website with the first also being on the ERNI website.

The link below is to the blog written by Dr Cheyann Heap and Dr Georgia Parratt - 'What can we learn from alcohol? A paradigm shift in how we view distress.'

<https://www.madinamerica.com/2021/09/learn-from-alcohol-paradigm-shift/>

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## Global ERNI

Thanks to the dedication of a fantastic group of international signatories, the declaration has been translated from English into Swedish, Finnish, Hindi, Greek and Norwegian. It is currently being translated in Spanish, Italian and Maltese. If you would like to contribute to globalising the movement and translating into other languages, please do get in touch.

Over the next two weeks, the following links will be added to the website.

**[Svenska Språket \(Swedish Translation. Thanks to Dunja Grisell and Lasse Matilla\)](#)**

**[Suomen kieli \(Finnish Translation. Thanks to Heidi Tommila\)](#)**

**[अहिन्दी भाषा \(Hindi Translation. Thanks to Krithika Loganathan\)](#)**

**[Ελληνική γλώσσα \(Greek Translation. Thanks to Ioanna Efstathoulidou\)](#)  
[Going live soon.](#)**

**[Norsk Språk \(Norwegian Translation. Thanks to Grete Johnsen, Anne Merete Driveklepp, Torbjørn Lien and Sigrun Tømmerås\)](#)**



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## MEMES

A big Thank You to Heidi Tommila who, in addition to translating the ERNI Declaration into Finnish, has created a fantastic collection of memes for us all to share. Look out for them on the Facebook group and twitter. As always, please **SHARE** when you see.





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## BACKGROUND INFORMATION

The writers of the ERNI declaration are a group of people from the UK who have used mental health services or who have worked in them. We have all experienced systems that inadvertently or deliberately privilege ways of working that we consider to oppress people whose life experiences inevitably lead them to seek help.

The more people who sign, the more opportunity for changing language and approaches to those in distress. We hope, for example, that clinicians will use their ERNI signatory status to position them in their organisation and, in doing so, they can make it clear about what they are willing or unwilling to do, including in relation to the practices of those around them. As individuals who use services we hope, in time, that we will be able to ask if the worker we are seeing has signed up to the declaration. As advocates and carers, we may lobby for services to be ERNI registered and for staff to be employed on the basis that they agree to the principles within it.

This may seem a long way off... but with today's technology, it need not be! We now have **over 700** signatories from all over the world.

To turn the hundreds into thousands, and collect more allies, we have one HUGE REQUEST... If you feel you want to and can, please **SHARE** the declaration in as many groups as you can, adding some context (take it from here, if you wish) so people know what it is. Please tweet, email, talk about and share in the real and virtual places where allies may group.

# SIGN AND SHARE

The Declaration can be signed via the google document or via the website.

## Using the ERNI logo

COMING SOON....there will soon be available footers, logos and QR codes that you are free to use to let others know that you have signed the ERNI declaration.

This will be a way of making it clear how you position yourself in your life and work around the principles within the declaration.