

WHAT IS A MENTAL DISABILITY?

Mental disability is not a disease. Mental disability is first of all an intellectual impairment, not an impairment of other abilities, such as ability to be happy or to feel good. People with intellectual disability need assistance and support. It is more difficult for them to gain new knowledge or to use their skills in unfamiliar situations.

Through support and teaching, many mentally disabled people can learn to live a life that is in conformity with their needs and does not differ from the life of people who do not have disability.

A mental disability constrains the activity of a person only partially. Mentally disabled people are not a group of similar persons, they are individuals with personal needs, problems and opportunities.

WHAT ARE THE CAUSES OF MENTAL DISABILITY?

Mental disability has various causes. It may be hereditary or a result of a lack of oxygen to the brain of a child during the birth. It may be caused by an accident or an illness. About 30% of the cases can't be explained. 2,4% of people have intellectual disability.

ARE MENTAL DISABILITY AND MENTAL DISORDER THE SAME?

Mental disability is not a disease and cannot be cured with medicines. Mental disorder is a completely different special need. While a mentally disabled person needs support in education and social sphere, a person with a mental disorder needs treatment. A mentally disabled person may also have a mental or any other disorder.

WHAT IS ESTONIAN MENTALLY DISABLED PEOPLE SUPPORT ORGANISATION?

Like every good thing, also our organisation has several names- "**Vaimukad**" (The Witts- in English), EVPIT or just support organisation. The support organisation was founded in 1990 as an association of mentally disabled people support organisation. For mentally disabled people and their families it is a source of independent information and services, a channel through which the problems of disabled people can be communicated to the authorities.

EVPIT represents Estonian organisations dealing with mentally disabled people in global and European organisations as well as in national organisations.

We are a member of:

- Inclusion International
- Inclusion Europe
- Estonian Board of Disabled People
- Network of Estonian Nonprofit Organisations
- Estonian Nonformal Adult Education Association

OUR MISSION AND GOALS

A **mission** of the support organisation is to improve the position of mentally disabled people in Estonia. Our main **goal** is to stand for the interests of mentally disabled and to help through our activities to construct them equal opportunities with other members of the society.

For a state it is difficult to get information about each individual. Authorities may miss an individual. We provide information about how to act, what to hope for...

WHAT IS THE SUPPORT ORGANISATION ENGAGED IN?

The tasks of the support organisation are:

- Defending the rights of mentally disabled people at local, national and international level;
- Forming public opinion;
- Gathering and distributing information;
- Supporting and first contact counselling of mentally disabled people and their families;
- Counselling member organisations;
- Introducing new services for mentally disabled people and conducting piloting projects;
- Providing activities to mentally disabled people and their families;
- Organising events and training sessions.
- A base of practical training for students
- Open special literature library

Training and Counselling Centre organises various courses, seminars and non-formal education training sessions throughout Estonia.

We are strong together!

EVERY PERSON IS VALUABLE!

A mentally disabled person wishes to live a high quality life according to his/her abilities. A mentally disabled person wishes to learn, to evolve, to play, to grow up in a family, to love and to be loved by other people like any other person.

A mentally disabled person needs activity, education, a job and a home like anyone else. By creating opportunities to develop and offering necessary support we can create a world where a person with a mental disability can live a full-value life.

A person who is coping independently needs less from the society. Integrating people with mental disability into the society and teaching them makes the disabled more independent. Separation will cost the state and the tax payers much more.

By supporting the mentally disabled and their families and helping them to live a dignified life today, you are reducing the need to support them in the future.

You will have an opportunity to improve the situation of mentally disabled people in Estonia, if you make your donation to EVPIT's bank account:

Eesti Vaimupuudega Inimeste Tugiliit
Bank: SEB
IBAN: EE191010052038304004

We are very thankful to you!



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**YOU DO NOT HAVE TO DO
SOMETHING BIG EVERY DAY BUT YOU
CAN DO SOMETHING GOOD!**