

Living in Hell

How people with mental health conditions in Indonesia are treated



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Who we are

We are called Human Rights Watch.

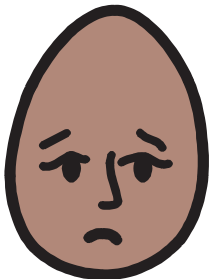


We work to make sure everyone in the world is treated fairly and gets their rights.

What this report is about



This report is about people with mental health conditions in a country called Indonesia.



Mental health conditions are about how someone thinks, feels or behaves.

For example, mental health conditions may make someone feel sad, worried or scared a lot.

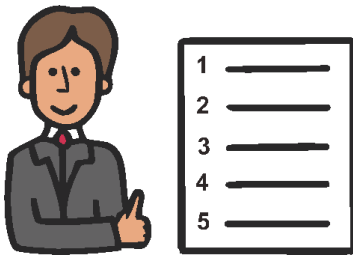


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In 2014 and 2015 we went to Indonesia.

We went to some mental health places like hospitals and health centers.

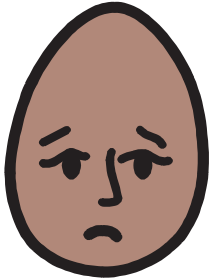
We spoke to people with mental health conditions and others.



This report tells you:

- what we found out
- what we want the government to do

What is life like for people with mental health conditions in Indonesia?



People with mental health conditions can be treated very badly.



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Many people with mental health conditions are locked up.

They may be tied up in chains or locked up in small places.



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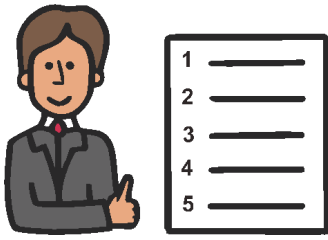
They may be kept at home or outside in a shed, cage or animal shelter.

One woman had been locked up like this for 17 years.



Locking people up like this is called **pasung** in Indonesia.

It is against the law.

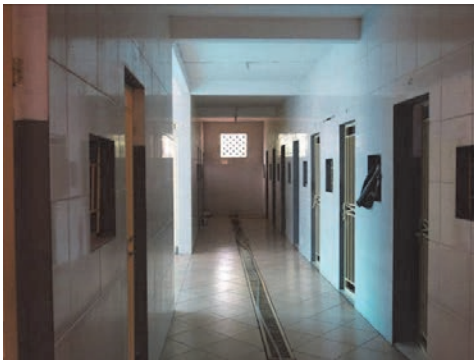


The government has made some plans and done some work to stop it.

But it still happens.



There are other problems for people with mental health conditions.



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For example, they may be kept in mental health places for a long time without good reason.



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There are different places where people may be kept.

Like hospitals or places run by certain people in the community.



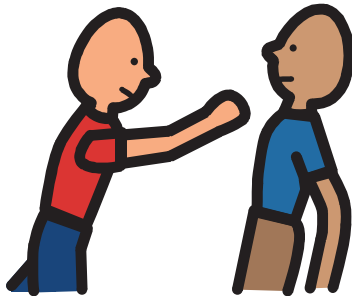
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Staff in these mental health places may:

- lock people in rooms on their own if they do something that staff do not like



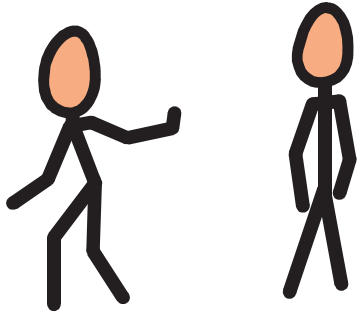
- give them medical treatment without asking them first



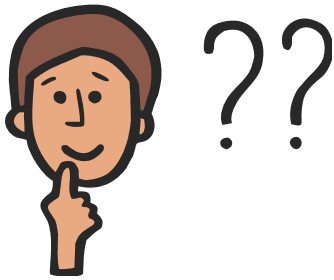
- hurt them or do sexual things to them that they do not want



People can be kept in mental health places for a very long time.



Sometimes their family leaves them there and does not come to see them again.

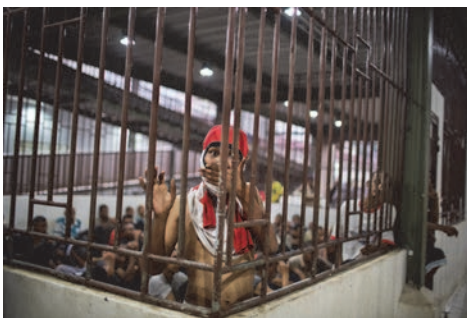


Some mental health places are run by people in the community.

They decide when someone comes there and when they leave.



Some places are very dirty.



Some places have too many people in them.

In one place there was no room to walk on the floor because there were so many people.

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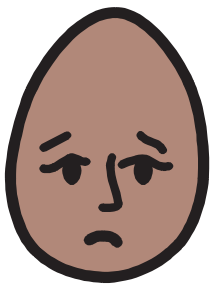
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In some places people are locked up and cannot move.



They have to go to the toilet, sleep and eat in the same place.

Why does this happen?



Many people in Indonesia think mental health conditions are bad.

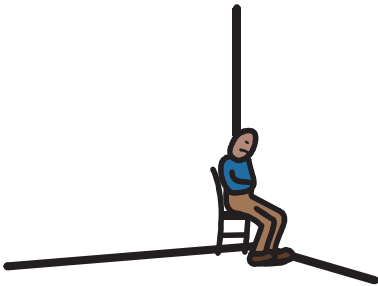
They may think people with mental health conditions are bad or have done something wrong.



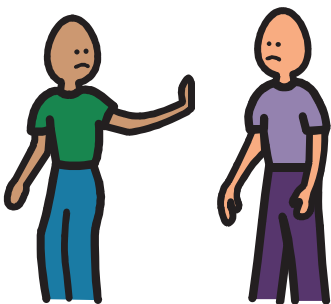
There are not enough mental health hospitals or staff who are trained in mental health.



Most people who want care like this cannot get it.



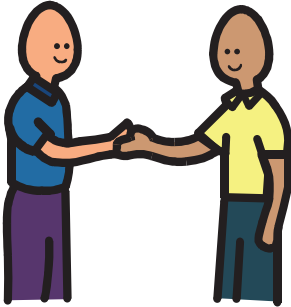
And people who do get mental health care are often treated badly.



In Indonesia the law says that someone can be sent to a mental health place even if they do not want to go.

Their family or someone who looks after them can send them there.

What we want the government of Indonesia to do



In 2011 the government agreed to make life better for people with mental health conditions and other disabilities.

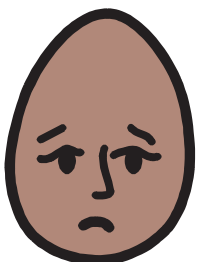


They signed a paper about this with lots of other countries.

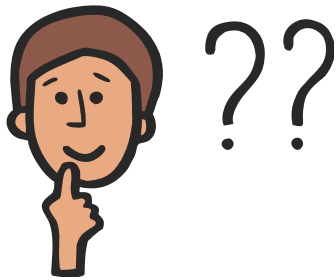


The government made a new law about mental health.

And they are making a new law about people with disabilities now.



But there are problems with these laws.



For example, they do not let people make their own decisions about their care and other things.

We want the government to:



- change these laws so that people with mental health conditions can make their own decisions and have a say in their care



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- do more to stop people being locked up or treated badly

For example, check mental health places more and make sure people who do bad things to others are punished

We want the government to:



- give mental health and other health staff training about people with mental health conditions and what they need



- make sure there is a good way for people with mental health conditions to complain if they are treated badly



- start making sure there is good care and support for people near where they live if they want it



- get support and training from other countries to help with this work

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