



FACE EQUALITY
INTERNATIONAL

Equality Guernsey - Workshop

Disability and discrimination — overcoming emotional health and wellbeing challenges

James Partridge OBE, DSc (Hon), FRCSEd (Hon)
Director, *Face Equality International*
Founder and former CEO, *Changing Faces*

The FACES principles

Successful adjustment to a disfigurement or disability involves an individual and family having access to help that enables them to gain the life-skills to manage it.

The FACES principles are:

- F FINDING OUT about your condition and its treatment
- A Getting 'ATTITUDE', a positive outlook to your future
- C COPING with feelings (eg: anxiety, anger, loss etc)
- E EXCHANGING experiences with others
- S SOCIAL SKILLS to manage others' reactions (eg: in public, at work, on social media, in school...)

Getting help

Sources – discuss the pros and cons

- Medical and health professionals
- Social care agencies
- Charities

REACH OUT: a toolkit to take the initiative

- R Reassurance
- E Energy
- A Assertiveness
- C Courage
- H Humour

- O Over there!
- U Understanding
- T Tenacity



FACE EQUALITY INTERNATIONAL

- A global alliance of NGOs/charities which support and represent people with disfigurements of any kind, launched in November 2018
- FEI will raise the profile of disfigurement and put the issues people with disfigurements experience on the agenda of the UN Convention for the Rights of People with Disabilities (CRPD), international bodies, companies and social media outlets.
- Face Equality International will be a voice of many excluded people with facial disfigurements to challenge the cultural forces which are increasingly global concerns.

See: www.faceequalityinternational.org

Thank you!

James Partridge

Director, Face Equality international

james.partridge@faceequalityinternational.org