

Reading

- Jonathan Wolff, *An Introduction to Political Philosophy* (2023), Chapter 3: Who Should Rule?

Democracy

- What is democracy? What justifies democracy?

When considering these questions, we need to make some distinctions, so that we are clear what we are asking, **distinctions** between:

- The general idea of democracy
- Systems of democracy
- How systems are implemented
- Representations of democracy (e.g., in the news)
- Democratically elected people (e.g., politicians)
- Democratic participants (e.g., voters)

We can also think about how democracy **connects** with other important ideas:

- Equality
- Community
- Power
- Representation
- Morality
- Justice

Community

What does community mean to you? Do you value community, or communities, if so, why?

How can we relate community and **mental health**?

- A distinction: mental health care **in the community**, and mental healthcare that is **community-based** – i.e., the form it takes draws on groups, collectives, community activity, etc.

Middle Street Resource Centre is in the community, but it also provides community-based (i.e., collective, group) support, particularly for mental health. What are the key components of this? What makes it work?

What are the pros and cons of **community-based** therapy or forms of support in general?

How does community and mental health relate (if at all) to **democracy**? Is democracy relevant to community-based therapy or support?

Some ideas to consider in relation to these questions:

- Solidarity
- Hierarchy
- Activism
- Power
- Sympathy
- Empathy
- Shared experience
- Togetherness