

Sander Werkhoven: *Mental Health and Agential Abilities*

This paper offers an agential account of mental health and mental disorder. According to this account mental health is a freedom-type notion, in which control over one's actions is the crucial feature of mental health and all forms of mental disorder involve diminution of agential abilities. To arrive at this account, the paper first makes a general case for abilities-based accounts of mental health and disorder, and reviews two recent attempts to capture the nature of mental health in terms of abilities: Dembic's REHAB and Leder & Zawidski's meta-cognitive self-regulation. After identifying some theoretical issues with these accounts, the agential alternative is defined and proposed as an alternative abilities-based account. The paper concludes with an overview of the way the agential account of mental health answers central questions in the philosophy of psychiatry.