

The struggle for Mental Health



**MENTAL
HEALTH
CRISIS
DEEPENS**

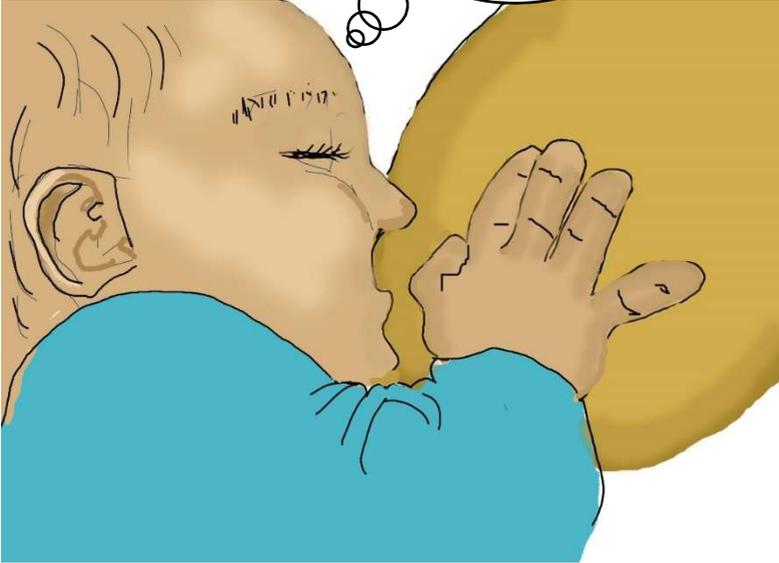
Eastern Daily Press
FIGHTING
ON THE
UNLATERABLE

A large, bold, slanted headline that reads "MENTAL HEALTH CRISIS DEEPENS". To the right, there is a small graphic with the text "Eastern Daily Press" and "FIGHTING ON THE UNLATERABLE" above a small image of a person.

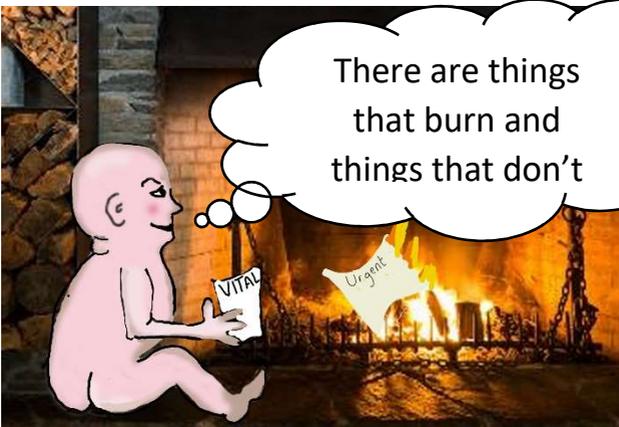


From the first breath we take we start the long struggle to understand the world and our place in it. This pamphlet is aimed at defending our mental health.

I need a place of safety,
food, sensual pleasures,
love, clean clothes.



There are things
that burn and
things that don't





There is me and not
me, things. Some
of the things seem
move.

There is gravity.

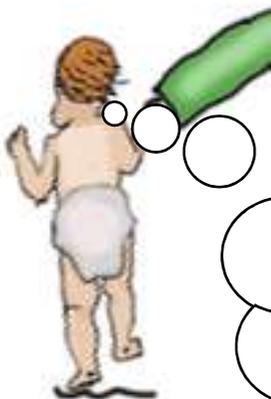
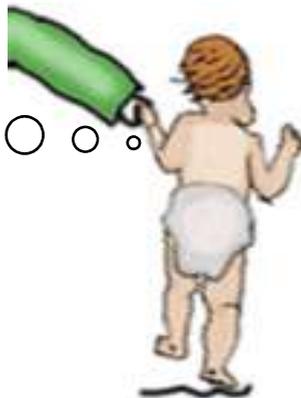
Some things hurt.



I need challenges.
I need to learn to
walk. Learn a
language



There are things and
there are people.
Mum is important



Not only is there mum.
There are others. I must
work out the moods of
all of them because they
affect me.

The 1% abuse their positions to live with more wealth than they can possibly consume. In a world where abuse of power is the norm, it should not surprise us when it creeps into the family. Sometimes children are abused.

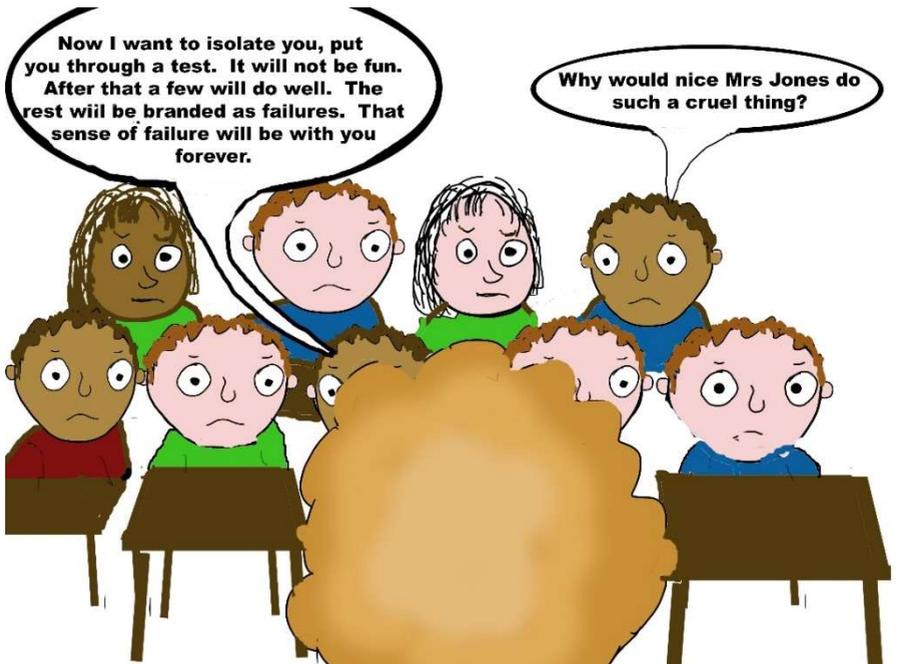


The destruction of trust, the betrayal of love, and theft of innocence require massive support for the children to set out on the path to recovery. That support is rarely there.

Across the world wars and violence traumatise children and rob them of healthy development.



Someone introduced the nonsense idea that humans can be split into winners and losers.





We are fed up. We did not do well.



You came top of the class. You are a winner. What is wrong?



But I can only go down from here.

‘Suicides among children and young adults peak at the beginning of exam season, it has emerged,

adding to fears that pressure to get good results is harming their mental health.’ Guardian Thu 13 Jul 2017

00.01 BST



zzzzzzzzzzzz

This is boring!

I wonder if a tablet would shut him up.

Somewhere between 29,000 and 48,000 children in Massachusetts' public schools are operating under the influence of Ritalin -- and they are almost all boys. The income to the drug company is between \$30 to \$60 per month per medicated child.

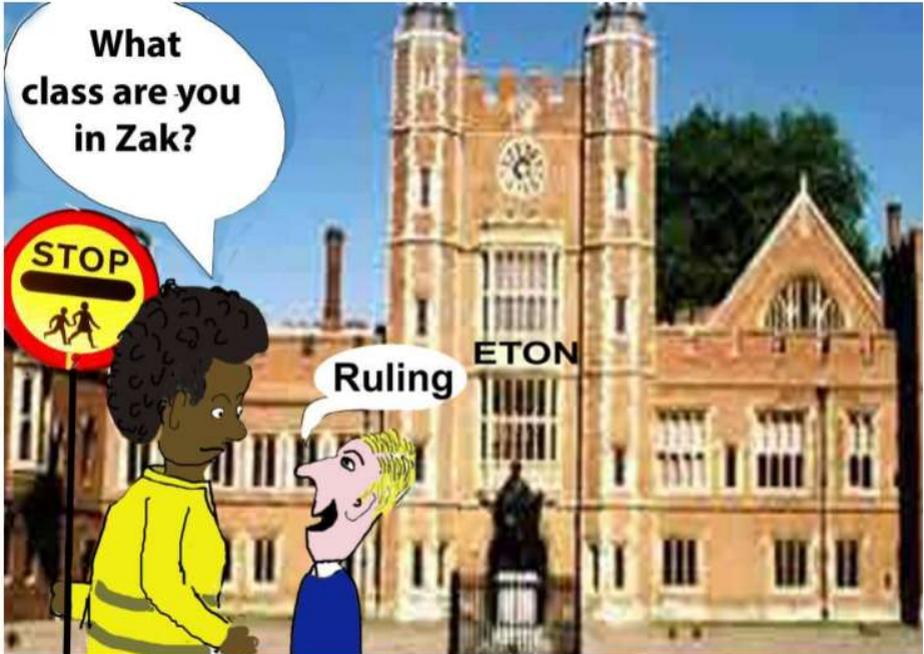
<http://www.angelfire.com/co2/RayThomas/ritalin.html>

Poor

Life's Race

Rich



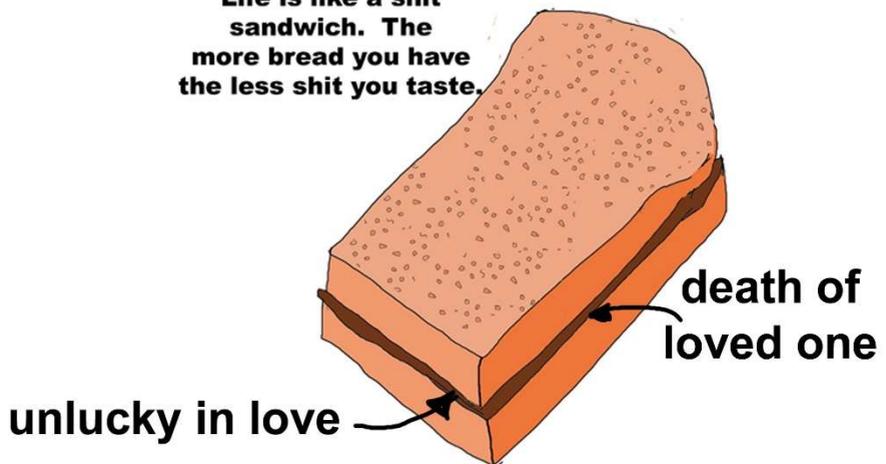


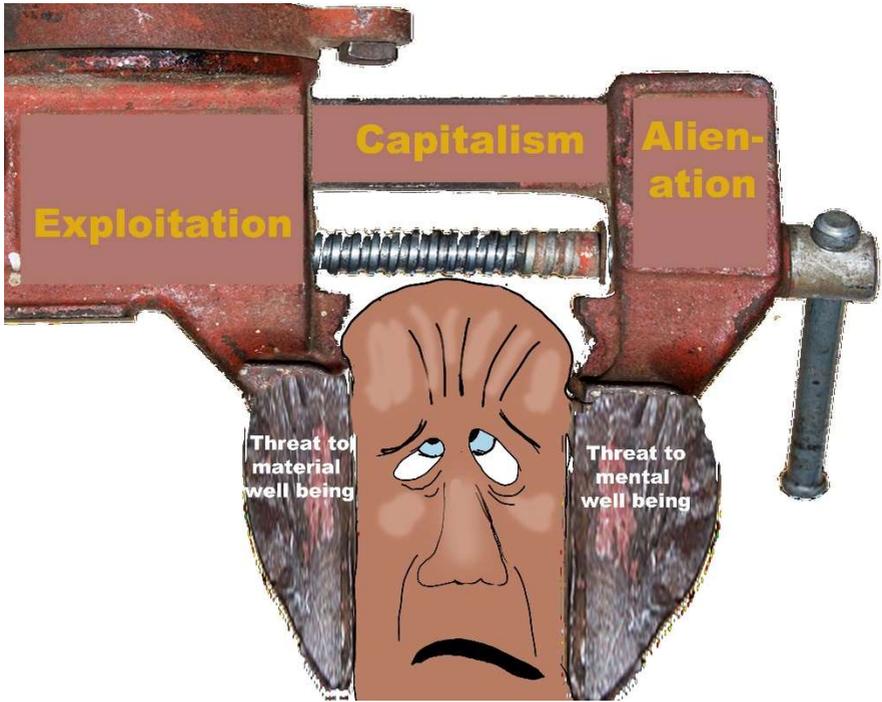
Current fees at Eton are over £38,000 a year per student. That is well over double the total income for a person on the minimum wage working a 40-hour week and a 50 week year.

You get this for clever choice of parents.



Life is like a shit sandwich. The more bread you have the less shit you taste.





Once we have accepted the notion of a hierarchy of winners and losers we are ready for the world at work.



' the fact that labour is external to the worker, i.e., that it does not belong to his nature, that therefore he does not realize himself in his work, that he denies himself in it, that he does not feel at ease in it, ...The worker, therefore, is only himself when he does not work, and in his work he feels outside himself. He feels at home when he is not working, and when he is working he does not feel at home. His labour, therefore, is not voluntary, but forced--forced labour. It is not the gratification of a need, but only a means to gratify needs outside itself. Its alien nature shows itself clearly by the fact that work is shunned like the plague as soon as no physical or other kind of coercion exists. Marx

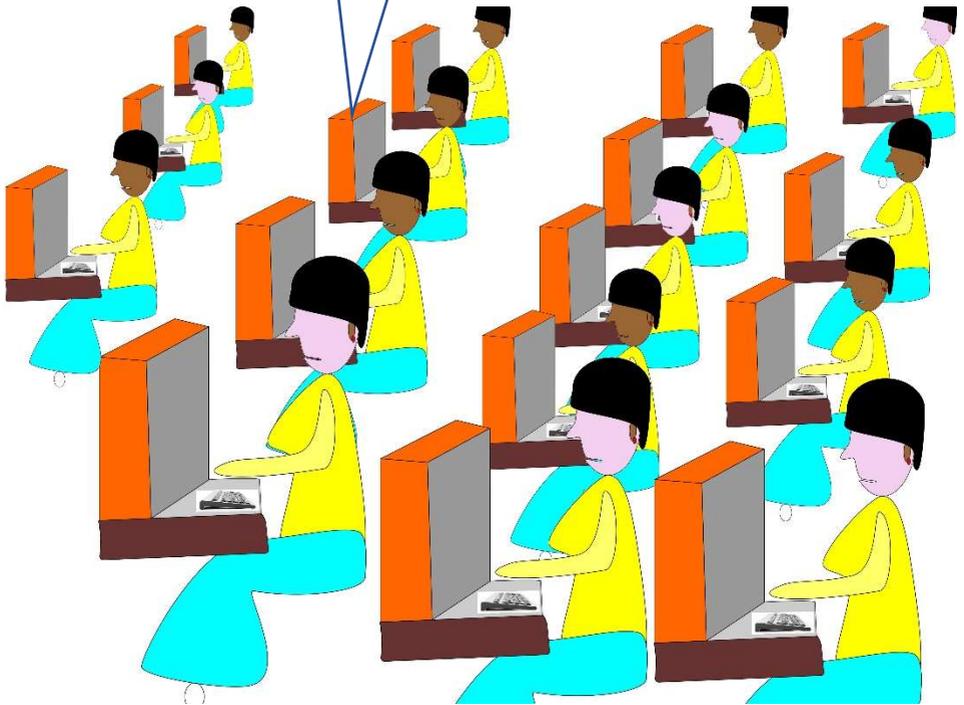
Bullying helpline

No you have to isolate them first. Then you undermine.

The company's bullying helpline was not what I expected.



I keep pressing the escape button, but nothing happens.



There is no glass ceiling in this firm. It is more of a castle with moat and raised draw bridge and dropped portcullis.



We are very tolerant,
we just ask that
you be like us.





**Good references
very good qualifications
CV shows very wide interests.
You mix well.**



Then the interviewer looks up, notices you are black, and the light goes out of his eyes.





Management has the power we allow them. Whenever there is an imbalance of power there is the prospect of abuse. Weinstein abused 82 women over a long period of time. They finally managed to organise to break his apparent invulnerability.

**It is her greatest triumph
watch a public school prat say
she is not a looker.**



**2013 Marion Bartoli won Wimbledon
John Inverdale insulted her.**



Commentators feel free to comment on women's appearance, their bodies, their looks. It is not surprising most women are 'unhappy with their bodies'

Only 3% of women in the UK are totally happy with their body and 73% think about their size or shape every single day, a new survey has found.

Tuesday, Jan 23rd 2018 The Mail

Nearly two in three young women have experienced sexual harassment at work, TUC survey reveals (2016 TUC report)



The bosses and the Government have a symbiotic relationship. The bosses sack workers. The Government abuses them for not having a job.

The loss of work means a loss of income, network, and likely self-esteem. Unemployment damages people's self respect.

Report from Greece 'Suicide and infant mortality have worsened during the crisis. In addition, mental health, particularly depression, has deteriorated significantly, but there was no increase in homicides.'

<http://greece.greekreporter.com/2017/04/11/increase-in-suicides-and-child-mortality-during-the-crisis-in-greece/>

Almost all of us will have a period of mental illness.



Approximately 1 in 4 people in the UK will experience a mental health problem each year.

In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

Mind <https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/#.WmyLa0x2tzk>



Ruling class ideas

'The ideas of the ruling class are in every epoch the ruling ideas, i.e. the class which is the ruling material force of society, is at the same time its ruling intellectual force. The class which has the means of material production at its disposal, has control at the same time over the means of mental production' Karl Marx.

Rich men have dominated the means of production ever since the end of hunter gatherer societies. The ideas of mental illness reflects their views.

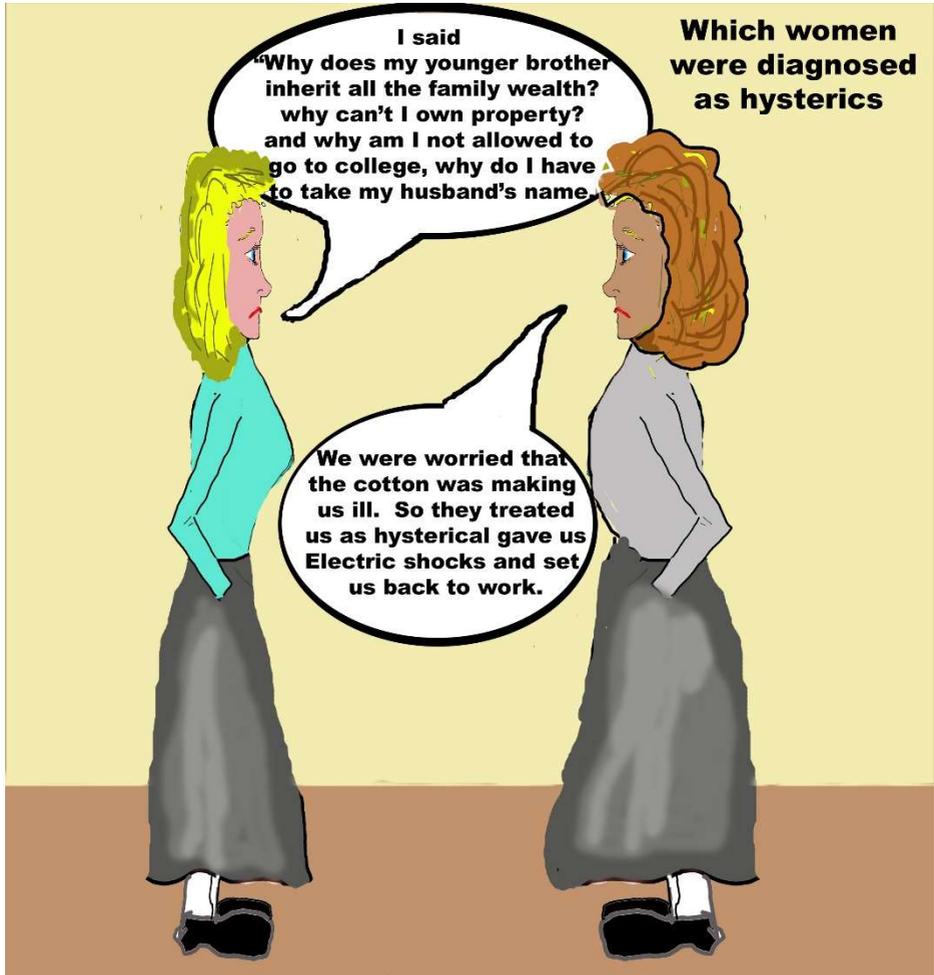


Mentally ill people were described as possessed by demons. One of the cures was immersion in hot water. The 'theory' was that the demons would be uncomfortable in an overheated body and would leave.

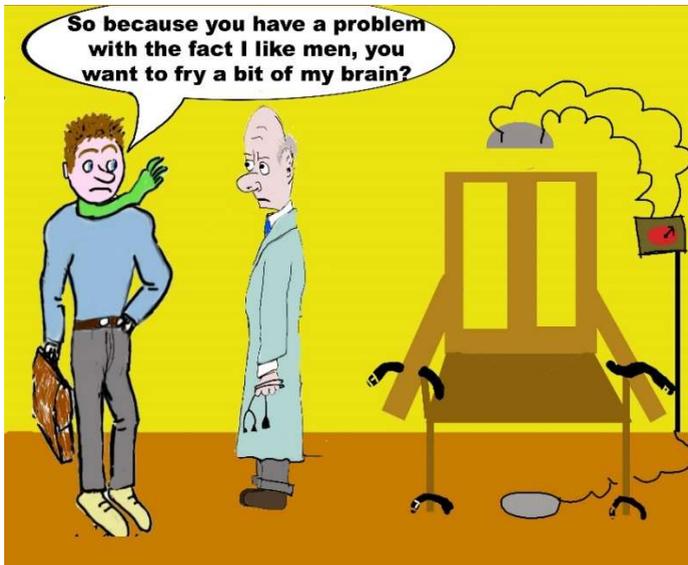


Insanity was believed to be caused by the moon (lunatic). Chains and muzzles were used to subdue people suffering under the moon's influence.

Hysteria



Severe cases of hysteria were treated with hysterectomy or the insane asylum. This appears in the story from 1787, when 'hysteria' amongst women textile workers halted production in their factory. It is recorded that a 'cure' is produced and production resumed as a result of the ministrations of a Dr. W. St. Clare who was called to the factory with an electric shock machine (*The Gentleman's Magazine*, 1787).



Gays were thought to be mentally ill. 'Cure' sometimes included ECT treatment.



Head of Bethlem Hospital, Thomas Monro, made the famous quip that restraining chains were 'fit only for the pauper lunatic: if a gentleman was put in irons he would not like it' (Minutes 112 1964, p. 703).



**Only
mentally ill
oppose our
policies**



**In the USSR
dissidents were
diagnosed as suffering
sluggish schizophrenia**

Slaves that
want to run
away are ill



RAN AWAY!



FROM THE SUBSCRIBER: My Melancho Boy,
GEORGE, had George to 5 feet 8 inches in height, brown
curly hair, dark coat. I will give \$400 for him alive,
and the same sum for satisfactory proof that he has been
killed.
W. W. HARRIS.

**Samuel Cartwright invented
the term "drapetomania",
or the desire to flee
from servitude.**

The cure was
whipping. If that
failed there was
removal of the
slave's big toe, it
stopped them
running away.

As well as treating mental conditions that do not



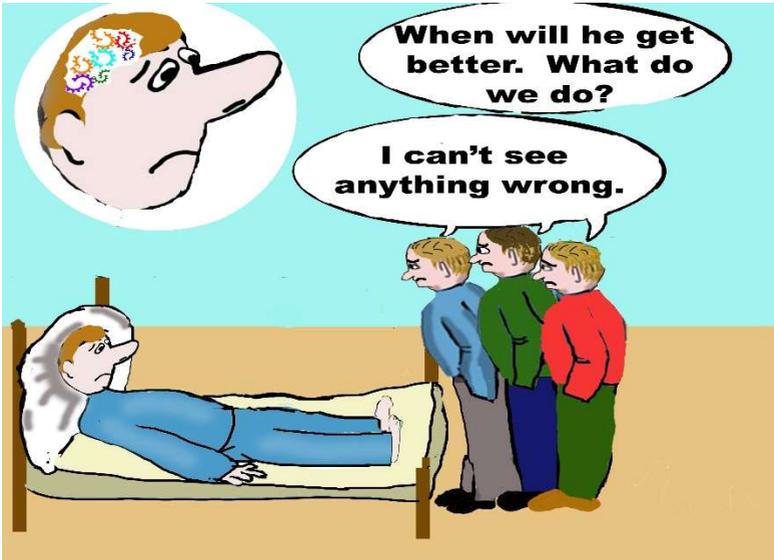
exist, our
forbearers
failed to
treat a
mental
illness that
did, Post
Traumatic
Stress
Disorder.
They killed

300 mentally ill soldiers in WW1.

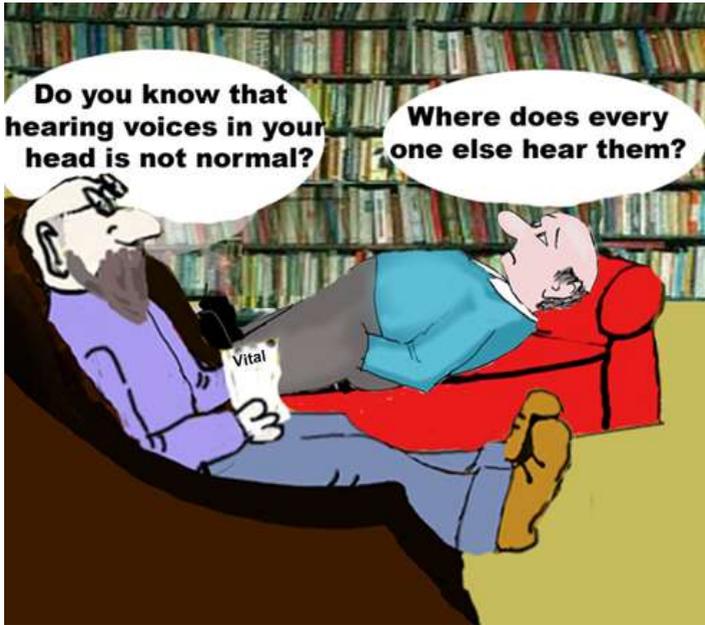
Treatment today



All mentally ill people blame themselves for their illness. In the interests of parity, we are trying to get accident victims to blame themselves.



Mentally ill people do not get the same support as physically sick people. Everyone understands a broken leg, knows what is wrong, how to behave and what to expect. None of that is true for mental illnesses.



Head of Bethlem Hospital, Thomas Monro, made the famous quip that restraining chains were 'fit only for the pauper lunatic: if a gentleman was put in irons he would not like it' (Report, Together with the Minutes of Evidence, and an Appendix of Papers, p112)

Most people who hear voices are no threat. However occasionally one or two occur that are a real menace.

God told me to attack Iraq.



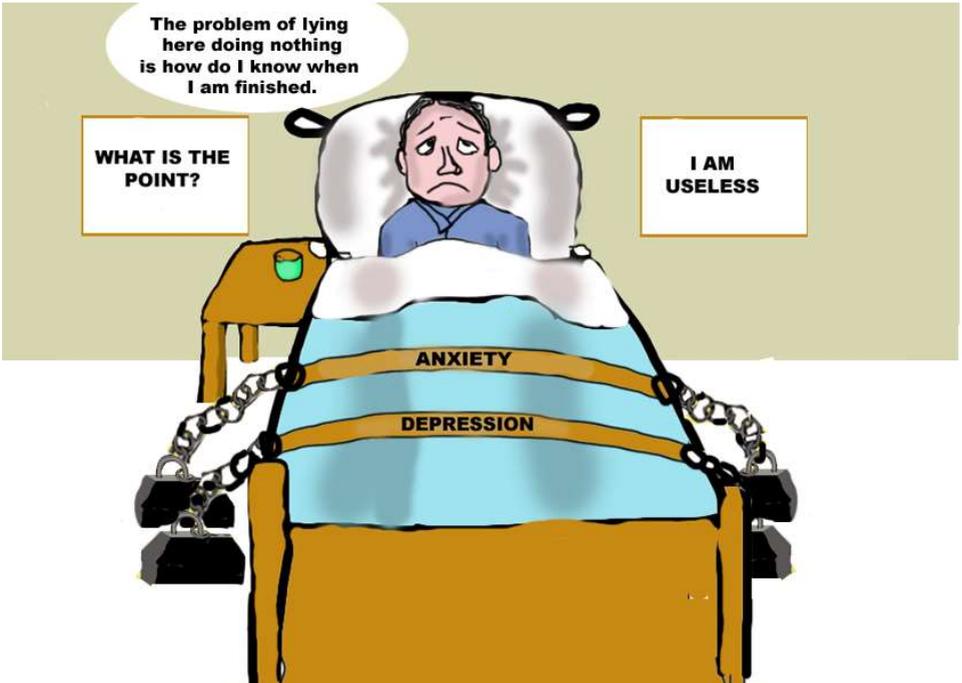
I don't believe in God, but he told us Palestine was ours.



I have been diagnosed as suffering from schizophrenia. Everything is terrifying. Everything is a threat.

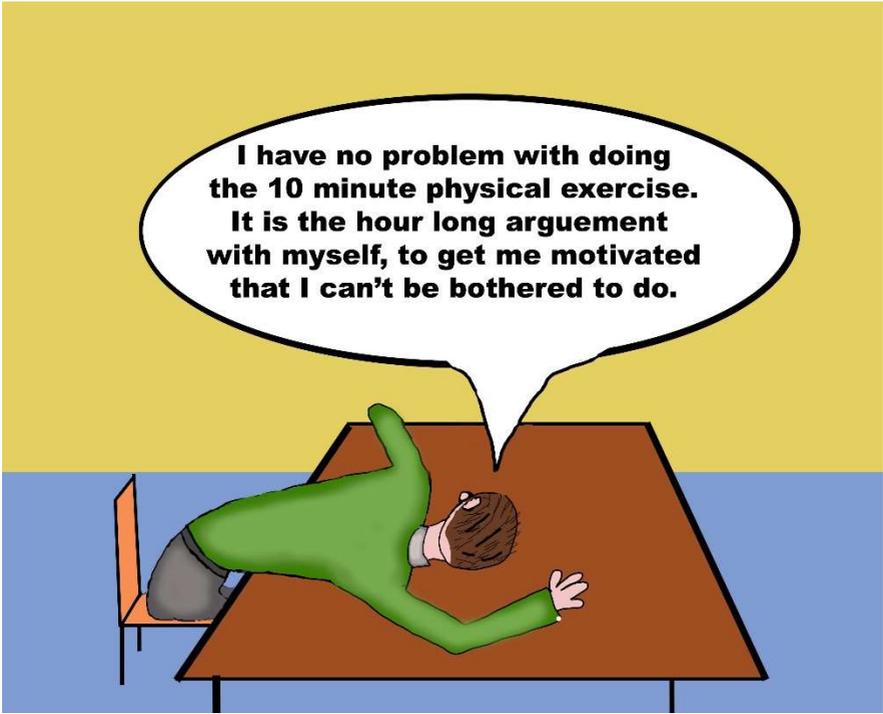


So why do they make me totally defenceless.





When mental illness strikes, marriages can break up, people fail at work, people take up addictions and downward spirals continue. Night time terrors attack in the small hours.



Of course, suicide is a permanent solution to a temporary problem.





Have you noticed how
it is only women who
get depressed?

If only that was true



'Perhaps the most interesting (and worrying) finding is that while on average more women are diagnosed with common mental health problems than men, the rate of male suicide is significantly higher.

This suggests that men are suffering with mental distress, but may not be receiving (or indeed asking for) the help they need.' ...**For men under 35** suicide is the biggest cause of death.

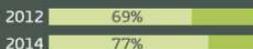
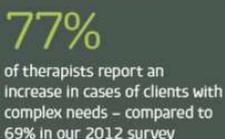
<http://www.counselling-directory.org.uk/men-and-mental-health-stats.html>



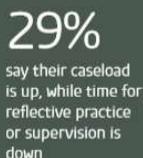
Waiting times for clients are increasing:



Increased numbers of complex cases:



Psychotherapists are under increasing pressure in the workplace:



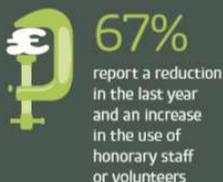
Psychotherapy services are being closed:



A continued reduction in the clinical experience and qualifications of psychotherapy practitioners:



Paid hours for therapists and higher band posts are being cut:



There is gold in them there pills



Pills are wonderful for the drug companies. ‘Last year, US giant Pfizer, the world's largest drug company by pharmaceutical revenue, made an eye-watering 42% profit margin. As one industry veteran understandably says: "I wouldn't be able to justify [those kinds of margins]." ‘ BBC 2014

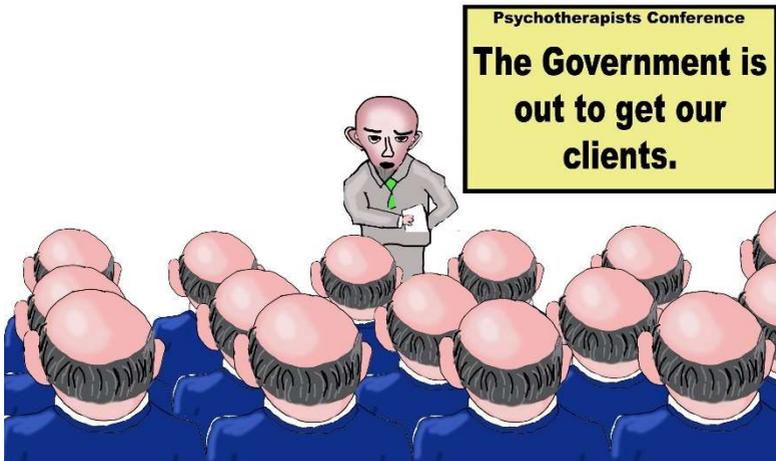
Antidepressants cost NHS £5.5m a week July 6 2016, The Times

Pills and Profits: How drug companies make a killing out of public research **Abiraterone (Prostate cancer):** Discovered and developed by the primarily publicly funded Institute of Cancer Research and later bought by a subsidiary of Johnson & Johnson. The advanced prostate cancer treatment was deemed too expensive for the NHS for years. The NHS now spends £98 per day per patient on the drug, despite a generic alternative being available for less than £11 per day per patient.

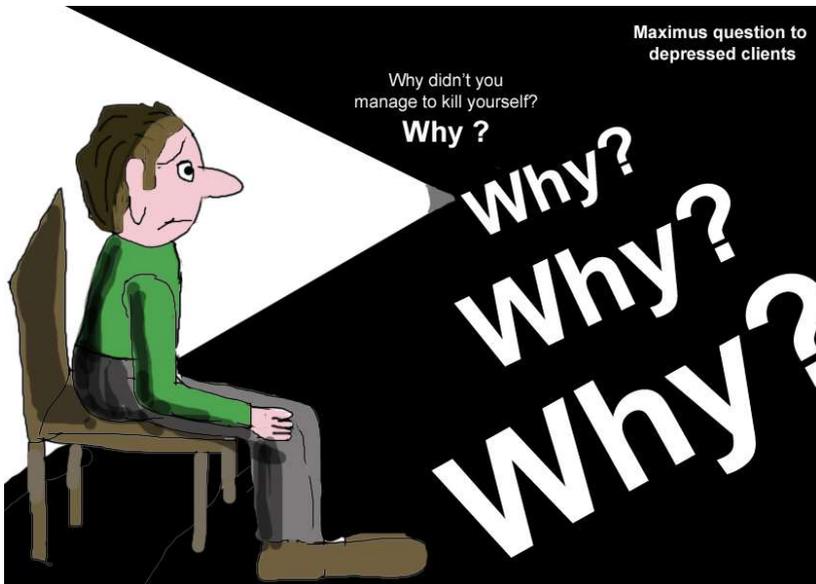
Just because you are paranoid, it does not mean that they are not out to get you.



The Tories ended EMA, they raised tuition fees, I lost my job when they cut council services. I got depressed and stopped eating. They sent me 300 miles away to be treated in Edinburgh. My parents did not have enough money to visit me regularly. Their pay has been frozen. That centre was also hit by cuts. The assessment team was privatised to ATOS. They refused my Disability Living Allowance. Then I was sanctioned for missing an appointment.



Very few psychologists understand that people's mental health is connected with their material wellbeing.



<https://www.disabledgo.com/blog/2017/03/maximus-admits-using-brutal-and-dangerous-suicide-questions/#.WnQmSxk2tzk>

Good news we are introducing care in the community. You are free.



'Between the 1950s and today the number of beds available for psychiatric patients in Britain has declined spectacularly from 150,000 to 27,000.'
(Independent 26 Nov. 2012)

I understand community-where is the care?



49% of women and 23% of male prisoners in a Ministry of Justice study were assessed as suffering from anxiety and depression. 16% of the general UK population (12% of men and 19% of women) are estimated to be suffering from different types of anxiety and depression.
<http://www.prisonreformtrust.org.uk/ProjectsResearch/Mentalhealth>

Mental health care crisis looming because trainee nurses are being driven away by bursary cuts, MPs warn Indep 26th Jan 2018

Severely ill inmates at Liverpool prison often wait days to be seen due to poor mental healthcare and a lack of staff, a senior psychiatrist has said. BBC 19th January 2018

In 2015, 32% of single homeless people reported a mental health problem, and depression rates, for example, are over 10 times higher in the homeless population. Unfortunately, other psychological issues such as complex trauma, substance misuse and social exclusion are also common.

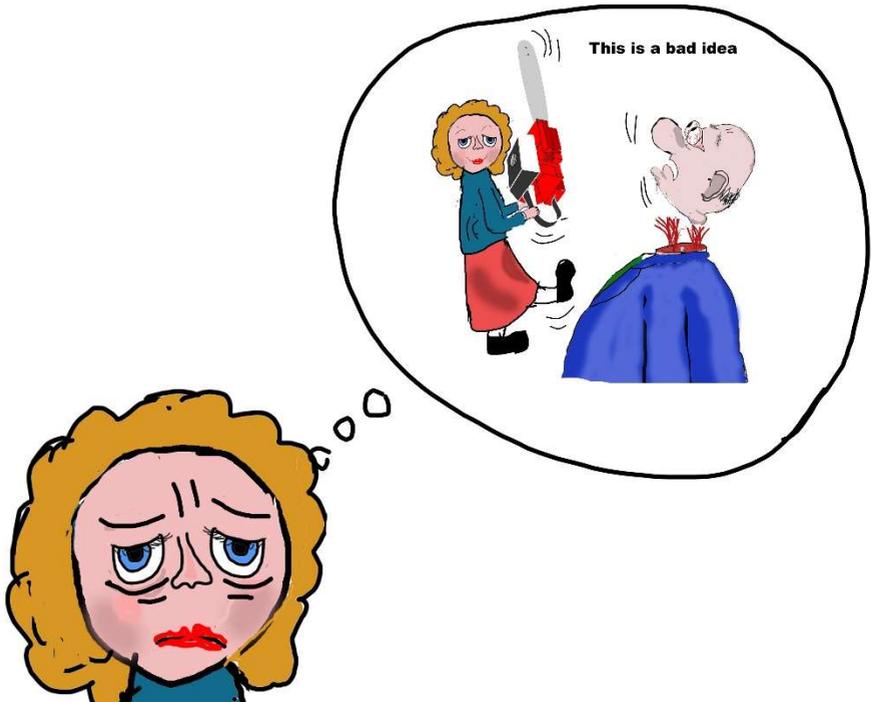
Mental Health Foundation



Being mentally ill or addicted is horrible. The various addictions give only temporary relief. After the fix the user returns to despair, with fewer friends and less support.

People who have survived the process and are recovering know the difficulties, the problems, the obstacles. They should be our guides.

The organisations that give mutual support are important. They are also important to resist the cuts in support for the mentally ill in the here and now.



Many people have fantasies about doing violence to their boss. Such fantasies are destructive. They are very rarely realistic. Nightmares of violence prevents the very real steps needed to build, with others, effective organisation.

When workers arise demanding their rights, dignity and power, they demand these things for the mentally ill at the same time.

Revolutionary France :- Pinel petitioned to the Revolutionary Committee for permission to remove the chains from some of the patients as an experiment, and to allow them to exercise in the open air. When these steps proved to be effective, he was able to change the conditions at the hospital and discontinue the customary methods of treatment, which included bloodletting, purging, and physical abuse. <http://psychology.jrank.org/pages/494/Philippe-Pinel.html>

Revolutionary Russia ‘people were no longer being thrown in prison solely because they had a psychological disorder or impairment, then neither were such individuals simply consigned to languish en masse in mental asylums or psychiatric institutions (as was the common practice in the advanced capitalist societies of contemporary Europe and America). Rather, a sizeable and growing number of Russian psychiatrists were now rejecting the practice of total institutionalization as both ineffective and dehumanizing. Instead, treatments and therapies were to take place in village-based programs in the rural countryside and in a variety of outpatient settings in the cities.’

<https://isreview.org/issue/102/disability-and-russian-revolution>

The treatment of the mentally ill can make huge steps forward in times of high class struggle. This is one commentator on the work of Franco Basaglia, in Italy in the late 1960s.

‘It was not acceptable to treat people in that way – without rights, without autonomy, without knives and forks, without hair, without any control over their own treatment. It was wrong to electrocute these people, cut out bits of their brains or tie them up for years on end. This movement was a struggle for liberation, for democracy and for equality. These 100,000 inmates of mental asylums had disappeared from history. They needed to re-emerge – to be given back their own identity and dignity. This generation of politicians and psychiatrists was a post-war, anti-fascist generation. There was something profoundly anti-fascist about the anti-asylum movement. It was a movement about human rights. The people inside the asylums were people’.

<http://moazedi.blogspot.co.uk/2017/05/franco-basaglia-democratic-psychiatry.html>

The battle for good mental health is part of the struggle for our emancipation. Red 34