



**Incorporating BI-POLAR NEWS
INTERNATIONAL EDITION
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FORWARD is a not-for-profit publication produced by people with bipolar for people with bipolar, their carers, family and friends & mental health professionals

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Dear Readers,

Good Morning, Good Afternoon, Good Night to each and every one of our 4,910 readers, no matter where on the planet you live.

*And now a blatant plug for a brilliant book, **Impressive Depressives**, published by MDF, the Bipolar Organisation. It would make a great gift for family and friends who don't really understand what bipolar is all about.*

What this book - a give away at just £2.50/\$3.50 - does is confirm that some of the cleverest, most talented people had and have bipolar and were and are hugely success despite their disease as I like to call it.

I bought another copy just before Christmas because the other copy I had, had been loaned to a friend - I can't remember who, but they have never given it back - and I'd forgotten how impressive it is.

I regret not buying a few more and giving them away to people who matter to me as Christmas presents, but to hell with waiting for Christmas to come around again.

*I placed another order for a dozen copies at the week end which I will give away now to people who will be more the wiser for such a good, fully illustrated book that they can play a part in the hugely, ongoingly successful campaign **Time-to-Change**, which is*

supported by Steven Fry and the national UK mental health charities Mind and Rethink.

Lotsaluv

Jonathan Ashby

EDITOR

UK NEWS IN BRIEF

THE UK GOVERNMENT is to plough an extra £400/\$600 million into mental health provision says Deputy Prime Minister Nick Clegg.

Under its new mental health strategy the coalition aims to treat mental health with the same priority and importance as physical health for the first time.

This being an era when our national political leaders seem increasingly to be parachuted into power more or less direct from university, usually Oxbridge, Paul Burstow is a refreshing throwback. Schooled at a secondary modern, this son of a Saville Row tailor served 11 years as a Liberal Democrat councilor before entering parliament. And he then served five more while he was finding his way as an MP. As a result, pretty well everyone at Westminster agrees, Burstow knows his stuff. Having shadowed at different times both older people's issues and health for the Lib Dems, his appointment as care services minister in the coalition government has added invaluable ballast to a Department of Health ministerial team seen by some as a tad lightweight. Burstow shared the platform with Nick Clegg, the deputy prime minister, at the launch of **No Health Without Mental Health**, the coalition's cross-government mental health outcomes strategy. Clegg's involvement, and

that emphasis on cross-government working, is strong pointers that this is an agenda designed to be owned far beyond the health department. "It makes a very clear statement that mental health is not about 'them and us'; it's about us," says Burstow, More at:

<http://www.guardian.co.uk/society/2011/feb/02/paul-burstow-mental-health-strategy-equal-footing>

THE UK GOVERNMENT has pledged £400m/\$600m to help young people in England who have mental health problems get the right care. One in 10 between the ages of five and 16 experiences mental health difficulties.

Ministers hope it will mean they get the same standard of care as those with physical health issues. However some charities have warned cutbacks to other services may mean the extra funding won't make any difference. It shouldn't take an A and E trip or a crisis intervention for children to receive the help that they need. More at:

<http://www.bbc.co.uk/newsbeat/12345999>

MENTAL HEALTH PROBLEMS are more common in England's gay, lesbian and bisexual population than the heterosexual population, according to **new research.**

The study, published in the February issue of the *British Journal of Psychiatry*, suggests that discrimination against non-heterosexual people may be contributing to these higher levels of mental disorder. Lead researcher Dr Apu Chakraborty described the findings as "very worrying". Psychiatrists from UCL (University College London) and the University of Leicester teamed up to study rates of mental disorder among 7,403 adults living in the UK. They took the data from the Adult Psychiatric Morbidity Survey 2007. This was the first year in which

the survey has included a question on sexual orientation and same-sex partnerships. More at:

<http://www.medicalnewstoday.com/articles/215331.php>

THE GOVERNMENT is to launch a consultation to extend the right to request flexible working to all employees as part of a strategy to transform the mental health and wellbeing of the nation.

Launching its *No health without mental health* strategy, government ministers said flexible working would help carers of people with mental health problems manage their caring role alongside work. The Government believes that access to employment is vital to help tackle a growing mental illness problem in the UK. At least one in four people experience a mental health problem at some point in their life and mental ill health represents up to 23% of the total burden of ill health in the UK - the largest single cause of illness. Estimates suggest that the cost of treating mental health problems could double over the next 20 years. More at:

<http://www.hrmmagazine.co.uk/News/MostEmailed/1053263/Government-wants-flexible-working-employees-help-tackle-mental-health-issues/>

THE COALITION'S PLAN for making psychological therapies more widely available to different groups, including children and young people, is a welcome step forwards in mental health. However, given the new mental health strategy's encouraging focus on early intervention for children and young people, it should offer more in the way of a family-focused vision.

Up to 450,000 adults with mental health difficulties are also parents. Parental and child mental health are closely linked. As well as being at increased risk of child poverty and being taken into care, the children

of parents with mental health difficulties are twice as likely to experience a psychiatric disorder. While adults may succeed in obtaining treatment for mental health difficulties, health and social services often fail to consider the impact upon their family members - and often don't want to pay for family-focused support. Both a large body of clinical evidence and the experience of Family Action shows that parents with mental health difficulties can be great parents providing they get support to manage their condition, run their household and care for their children. More at:

<http://www.guardian.co.uk/society/joepublic/2011/feb/04/mental-health-strategy-family-focus>

ONE IN EIGHT CANNABIS DEALERS caught by UK police is a child, according to new statistics.

Thousands more under-18s are being found guilty of possession of the drug, with the figure rising by two thirds in just a decade. And the number of children receiving treatment for cannabis misuse has soared by nearly half in the last five years. The figures show how easy access to the drug is leading to a cannabis time bomb. Critics say the statistics lay bare how younger and younger children are being sucked into the drugs culture, and blamed the previous government for downgrading the classification of cannabis. Experts said children were playing Russian roulette with their mental health' as cannabis can cause irreversible damage to the brain and has been linked to psychosis and schizophrenia. Read more at:

<http://www.dailymail.co.uk/news/article-1353917/One-cannabis-dealers-aged-18.html#ixzz1D7DN4EOK>

LATEST HEALTH AUTHORITY FIGURES show 23,000 children are undergoing drug-related treated for mental illness.

According to the Norwegian Prescription Database, the increase

amongst 0-20-year-olds has been particularly sharp since 2004. Some of the illnesses children and adolescents suffer from are anxiety, depression, and ADHD (Attention Deficit Hyperactivity Disorder). Patients can be primary school age. "Medication is sometimes appropriate, especially when they face severe anxiety disorders and what we call OCD (Obsessive-compulsive disorder), We can do that also in children under 10 years-old and maybe down when they are seven or eight years old," Ingvar Bjelland, senior psychiatrist at Haukeland University Hospital's clinic for child and adolescent psychiatry in Bergen says. More at:

<http://theforeigner.no/pages/news/updated-sharp-increase-in-adolescent-mental-illness-prescriptions/>

THE EXTRA MONEY for serving and former members of the Armed Forces will ensure they have access to specialised therapists, a helpline and online support.

It will form part of a wider mental health strategy, worth £400m /\$600m over the next four years, that aims to improve treatment for depression as well as removing its stigma in society. The boost for service personnel and veterans comes amid fears that those who have served in Iraq and Afghanistan are likely to need more psychological support in the coming years. Studies have shown that up to 4 per cent of returning troops suffer from Post Traumatic Stress Disorder; that almost a fifth of servicemen have drinking problems; and young soldiers who leave the Armed Forces are three times more likely to commit suicide than civilians. More at:

<http://www.telegraph.co.uk/news/newstoppers/politics/defence/8296852/Soldiers-to-receive-7m-for-better-mental-health-care.html>

CHILDREN AND TEENAGERS who show signs of anxiety and depression are to be offered talking therapies in the major overhaul of

UK mental healthcare for **young people** that will aim to stop them developing lifetime illnesses.

The introduction of cognitive behavioral therapy and other psychological therapies for children is part of a new **mental health** strategy for England being published by the coalition government. The move follows a five-year investment programme that has seen short-term psychological therapies developed for adults across 60% of the country. More than 70,000 people are said to have "recovered" from illness and 14,000 have moved off sick pay and benefits. More at:

<http://www.guardian.co.uk/society/2011/feb/01/mental-health-strategy-children-talking-therapies>

A 24-YEAR-OLD LEEDS UNIVERSITY GRADUATE is setting off on a nationwide campaign tour tomorrow, with the aim of inspiring healthy minds and confidence among his fellow students.

Philosophy and Management graduate Ed Pinkney will be setting off in his VW camper to visit more than 15 universities over the next month, to spread the word about the Mental Wealth Project. Ed, who is now studying a part-time course in counseling at Leeds, launched the project in 2009, aimed at building a network of student-led initiatives to promote positive wellbeing on universities campuses across the UK. Since then, a committee made up of university students across the UK has been established. These students act as ambassadors of the project and help to raise awareness of the importance of mental health and keeping happy on campus. More at:

<http://www.yorkshirepost.co.uk/news/Student-wellbeing-champion-sets-off.6709137.jp>

THE WINNER of Mental Wealth UK's 'Share the Wealth' design competition has been named as Luis Ouriach, a student from the

University of Leeds.

His eye-catching poster design will appear in university campuses nationally to spread the message regarding the importance of mental health and wellbeing. The competition was exclusively for students in Leeds and the prizes also include prints from the On the Wall poster shop and a pair of tickets to see a performance of the Nutcracker by the Northern Ballet. More at:

<http://www.craegmoor.co.uk/industry-news/article/800378794/leeds-student-wins-mental-wealth-uk-design-competition/>

A HEALTH WATCHDOG has raised concerns about the lack of single sex facilities in Welsh hospitals.

The Health Inspectorate Wales said the layout of wards did not always "support privacy and confidentiality" for patients. And it said access to single sex toilet and washing facilities varied greatly from hospital to hospital. The assembly government said work was ongoing to "improve the privacy and dignity" of patients in care. The [HIW's annual report](#) for the 2008-2009 year has just been published. It also found that services were still "failing" many children and young people with emotional and mental health needs and there was "too much variation" across Wales in the availability and quality of services. [Continue](#)

[reading the main story](#) More at: <http://www.bbc.co.uk/news/uk-wales-12342918>

NORTHERN IRELAND - A major mental health research initiative has been launched at the University of Ulster's McGee campus in Northern Ireland.

Researchers from the university revealed fresh evidence regarding the problems of Northern Ireland's mental health problems at the launch. A study carried out by the new Bamford Centre for Mental Health and

Wellbeing found Northern Ireland's rates of mental health disorders were among the highest in a survey of 17 regions and countries. More at:

<http://www.craegmoor.co.uk/industry-news/article/800383639/new-mental-health-initiative-launched-in-northern-ireland/>

A CROSS-GOVERNMENT mental health outcomes strategy - No Health without Mental Health, for people of all ages, has been welcomed by the Royal College of Nursing.

However they have also expressed concerns about the funding gap which is already threatening mental health services. Royal College of Nursing Chief Executive & General Secretary Dr Peter Carter says: "Mental health has an incredibly wide-ranging impact on individuals, and people with mental health problems can require support with their physical health, their work and their family lives. More at:

<http://www.medicalnewstoday.com/articles/215573.php>

CAMPAIGNERS are stepping up their efforts to save three mental health centres threatened with closure.

Leeds City Council has drawn up proposals to close the Leeds Crisis Centre, which provides counseling services, along with two day centres - the Vale, in Hunslet, and Stocks Hill, in Armey. Groups fighting the closure are to hold a public meeting in Leeds Civic Hall on February 8, at 2pm. The meeting has been organised by public service union UNISON and will be addressed by people who use the centres, their families and mental health professionals. More at:

<http://www.yorkshireeveningpost.co.uk/news/Battle-to-save-Leeds-mental.6710924.jp>

HEALTH ORGANISATION CHIEFS are starting a new scheme to help disabled people looking for work.

Worcestershire Mental Health Partnership NHS Trust will promote the skills and interests of the service users they are working with to potential employers. That includes people who are able to do warehouse and stock work and handyman work. Pete Jordan, who leads the trust service helping those wanting to get back to work, said: "Many of our service users have previously held down successful jobs and are now keen to return to work. "They may have excellent skills and work history but have been through a series of events leading to mental ill health. "They come from a wide variety of backgrounds, ranging from experienced cooks and bricklayers to personal assistants, solicitors and engineers. More at:

http://www.kidderminstershuttle.co.uk/news/8825196.Bid_to_help_people_with_mental_health_issues_return_to_work/

BIPOLAR SCOTLAND CONFERENCE - Calm Shepherd, a support worker with the Richmond Fellowship, Scotland says this year's conference was a good one, once again.

As the only support worker and carer at the conferences, he thought the Universal Comedy workshop would be a good follow on to the Laughter Therapy workshop he attended last year. He used quite a bit from last year's Laughter workshop when a person he is supporting is low or depressed. The hosts of the Universal Comedy workshop were good, positive and tried to get everyone involved. The audience split into three functional teams, each team with tasks in hand. It was very good to see the amount of humour and comedy which flowed without much prompting. The workshop was good and helped turn negatives into positives, and found humorous ways to portray some of the negatives.

THE UK GOVERNMENT is consulting on proposals to abolish Disability Living Allowance for working age claimants from 2013/2014 and to replace it instead with a new 'Personal Independence Payment' (PIP) benefit.

The Disability Alliance - "Breaking the link between poverty and disability" are very concerned that the consultation does not make clear that the change from DLA to PIP will also come with a significant budget cut for the new benefit. The government has stated that DLA expenditure will be cut by 20%, more than £1 billion/\$1.5 billion, and our analysis suggests that this cut will mean over 1 in 3 DLA recipients losing their entitlement. The PIP will not have a low rate care equivalent payment. Further details of the Government's proposals are available at <http://www.disabilityalliance.org/dlatest.htm> and the government consultation closes Monday 14 February. Attached is a copy of Disability Alliance's (DA's) interim response to the Government consultation which we will be adapting before submitting our complete response. In the interim response we highlight the findings of the first 900 people's answers to our survey on the government plans and the impact of losing DLA for some disabled people. We welcome your views on our interim response and will use information you can provide to develop our response further. We urge all members to respond to the government consultation - either directly or using our response if you do not have time/resources to develop your own response. If you would like to let DWP know you support our position please email:

consultation.dlareform@dwp.gsi.gov.uk and we will send you our final response on 14th February if you would like to use it. And if you and your members/service users have not already done so, please complete our survey which is open for one more week only until 10th February... It would be really useful if members could confirm to Neil Coyle our Director of Policy @ ncoyle@disabilityalliance.org what response they have issued to the consultation to better inform our ongoing meetings with Ministers and senior DWP officials on this issue. Thanks very much in advance with your help, Best wishes Ken Butler Tax Credits,

Benefits and Membership Advisor, Disability Alliance 020 7247 9342
Monday to Friday 10am -12noon and 2.00pm - 4.00pm or email

kbutler@disabilityalliance.org You can read and sign the DA's interim report on the proposed changes to the DLA at

<http://www.disabilityalliance.org/dlapetition.htm>

A CAMPAIGN protesting the UK government's plan to cut disability allowances is a gathering storm.

Ros Newnham from the Waltham Forest MDF Bipolar Organisation attended a meeting with the Department of Work and Pensions at the end of January to discuss the proposed reforms to Disability Living Allowance and a full report will appear in the Spring Edition of MDF's magazine Pendulum. MDF are urging people to sign a petition to get all work on DLA reform to cease, through this consultation, as its' seriously flawed and skewed. Visit www.disabilityalliance.org for the latest and DA's excellent, free, very detailed benefits information and to sign the petition," says Fiona Cooper, National Development Manager at MDF The Bipolar Organisation www.mdf.org.uk

Ruby Wax - Losing It

15th February 2011 - 19th March 2011

SHE HAD IT ALL - career, dream house, husband, kids, so when was the moment she realised she was the 1 in 4 of the UK population set to suffer a mental health challenge at some point in their lives.

Somewhere between painting her kitchen beige (again), realising she didn't own a life manual or comprehend the contents of a children's party bag?

Ruby's acerbic, honest humour and Judith Owen's touching songs are both poignant and laugh-out-loud funny.

This show gives you the chance to explore the ups and downs of mental illness, its stigmas and the freedom you discover when you share the darkest moments of your life.

35 pence from every ticket sold for the show will be donated to Comic Relief to contribute to their work with members of the community affected by mental health issues.

Book now at: www.rubywaxlosingit.co.uk

MENTAL ILL HEALTH?

THE RECOVER IN-SIGHT SOCIAL ENTERPRISE IS A USER-LED ORGANISATION FOR ANYONE AFFECTED BY MENTAL HEALTH PROBLEMS

WE OFFER THE IN-SIGHT COURSE:

- *A COMPREHENSIVE LIFESTYLE DEVELOPMENT GROUP
- *TRAINING GROUP ENABLING PEOPLE IN THEIR RECOVERY FROM MENTAL ILL HEALTH

COURSES RUN IN WATFORD

- *FOR SERVICE USERS TO ENABLE RECOVERY

- *CARERS TO BETTER UNDERSTAND THE ILLNESS AND SUPPORT LOVED ONES
- *MENTAL HEALTH PROFESSIONALS TO BETTER HELP THEIR CLIENTS

DON'T SUFFER ALONE

THE IN-SIGHT COURSE

- *IS ACCREDITED AT 20 POINTS FINAL YEAR LEVEL
- *OUR TRAINERS ARE CITY & GUILDS QUALIFIED
- *HAS BEEN PROVEN TO BE EFFECTIVE AND TESTED TO PhD LEVEL

TOPICS INCLUDE:

- *ATTAINING A HEALTHIER LIFRSTYLE
- *BUILDING UP LIFE SKILLS
- *TOOLS FOR IMPROVED LIVING

TWO 16-WEEK COURSES ARE PLANNED TO COMMENCE IN FEBRUARY AND APRIL 2011

FOR FURTHER INFORMATION GO TO www.recoveryin-sight.com
OR CONTACT US AT THE OLD FREE SCHOOL, GEORGE STREET,
WATFORD, HERTS WD18 0BX,
TELE: 0923 247 122 OR 01923 239 489

Dear Folks

I have booked a place for this very interesting sounding

CONFERENCE ON PEER SUPPORT

on Monday 21st February in Nottingham.

It is **FREE** to attend and travel costs will be reimbursed to anyone receiving benefits.

If you and/or anyone you know would like to go contact me if you would like to travel as part of a group.

We will probably travel by train. We can organise tickets in advance.

Can you give a brief summary of why you'd like to attend this event?

Having suffered with high levels of anxiety and depression for over 30 years, I've found that organising and attending peer support groups has been the most effective way of maintaining a level of balance and sense of achievement.

Would you like to give a short presentation on the issues of recovery and peer support for about 10-20 minutes? If so can you briefly outline what it would be about?

More information at davidphelops@gmail.com or

<http://www.makingwaves.org/news/whose-recovery-is-it-anyway/>

US NEWS IN BRIEF

THE AMOUNT OF MONEY spent on psychiatric drugs in the United States continues to grow but at a much slower rate than in previous years, a new federal government study has found.

From 2004 to 2005, spending on psychiatric drugs rose 5.6 percent, compared with an increase of 27.3 percent between 1999 and 2000, according to the Substance Abuse and Mental Health Services Administration. The agency's analysis of health-care costs from 1986 to 2005, the latest year comparable data is available, also found that spending on behavioral health accounts for a decreasing portion of overall health-care costs. Of the \$1.85 trillion spent on all health-care services in the United States in 2005, behavioral health spending accounted for 7.3 percent (\$135 billion). During the 20 years analyzed in the study, spending for mental health and substance abuse health care grew more slowly than all other health spending: 4.8 percent a year for substance abuse; 6.9 percent a year for mental health and 7.9 percent a year for all health-care services. From 2002 to 2005, spending rose 5 percent for substance abuse, 6.4 percent for mental health and 7.3 percent for all health-care services, according to the study in *Health Affairs*. Mental Health America has more here about

[mental health treatment and recovery](#) or go to:

<http://www.businessweek.com/lifestyle/content/healthday/649565.ht>

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"WE MADE MISTAKES THAT HAD TERRIBLE CONSEQUENCES," says [Allen Frances](#), lead editor of the fourth edition of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders...*

Diagnoses of [autism](#), attention-deficit hyperactivity disorder, and bipolar disorder skyrocketed, and Frances thinks his manual inadvertently facilitated these epidemics—and, in to the bargain, fostered an increasing tendency to chalk up life's difficulties to mental illness and then treat them with psychiatric drugs. At stake in the fight between Frances and the APA is more than professional turf,

more than careers and reputations, more than the \$6.5 million/£4.4 million in sales that the *DSM* averages each year. The book is the basis of psychiatrists' authority to pronounce upon our mental health, to command health care dollars from insurance companies for treatment and from government agencies for research. It is as important to psychiatrists as the Constitution is to the US government.

http://andrewsullivan.theatlantic.com/the_daily_dish/2010/12/psychiatry-off-a-cliff.html

FROM THE JUDGES WHO RUN THEM to former clients and witnesses, have objected to cuts they say would effectively eliminate the mental health courts.

"We are one of the cheapest and most effective tools for dealing with people who commit crimes and are mentally ill or addicted to drugs and alcohol," said Senior Judge Peter Breen, who helped found those courts a decade ago. He referred to Gov. Brian Sandoval's proposed budget eliminating \$100 million/£66 million for the program as "a death sentence for our mental health courts." Clark County District Judge Jackie Glass said the loss of the mental health courts would end up costing the state and local governments more in the long run as those patients, without treatment, commit new crimes and cause more problems. More at:

<http://www.nevadaappeal.com/article/20110202/NEWS/110209957/1070&ParentProfile=1058>

NASHVILLE - Commissioner Doug Varney of the Tennessee Department of Mental Health likens the pending budget cuts to amputating fingers.

Varney in a budget hearing before Republican Gov. Bill Haslam laid out \$15 million/£10 million in potential spending cuts at the state's public mental health and alcohol and drug abuse authority, including \$11

million/£8 million for programs paid for in the current year with state savings and federal stimulus money. "This is no way to run a train," Varney said. "We can't just keep cutting little pieces of the finger off. Pretty soon the hands won't work. I think we may have to decide we have to cut a finger off here or there," he said. "At least the hands will still work." The potential cuts facing the department would include community health programs, alcohol and drug treatment and peer support centers. More at:

http://www.canadianbusiness.com/markets/market_news/article.jsp?content=D9L5B9582

HELENA, MONT. The Center for Mental Health has laid off 14 employees, mostly in Helena and Great Falls, and cut the hours of another 14 due to revenue shortfalls and funding cuts. Interim CEO Sydney Blair says they're seeing more clients, but they'll have to be served with reduced staff, at least for now. Blair says there have been changes in Medicaid reimbursements and cutbacks in a state program that allowed the center to serve uninsured clients. She says the center plans to start using a sliding-fee scale for those without insurance. The funding changes led to the reorganization of programs and staffing, while some rural offices might be combined. The central Montana nonprofit agency employs more than 350 people in 13 counties and serves about 5,000 people.

http://www.necn.com/02/02/11/Center-for-Mental-Health-lays-off-14/landing_politics.html?&blockID=3&apID=8270e37a863148bd9dc142837a8c086a

MENASHA — A few years ago, a Menasha High School student was on the verge of being expelled because of angry outbursts and a penchant for fighting.

His anger had grown over the years, exacerbated by a dysfunctional family life where he had witnessed domestic violence and substance abuse. Suggestions made to his parents, who eventually divorced, about the need for mental health counseling went unheeded due to obstacles, including a lack of insurance, money and transportation. Then, in the fall of 2008, the senior met Rocky Kerswill, a Lutheran Social Services therapist who was part of a new counseling consortium serving students in Menasha schools. "We were able to process and explore his feelings and sort them out and teach him how to identify primary feelings, rather than just anger," said Kerswill, who is currently assisting 16 Menasha High School students. Read more:

<http://www.postcrescent.com/article/20110202/APC0101/102020635/United-Way-efforts-expand-mental-health-service-access#ixzz1CpHHmyp>

MICHIGAN - People recovering from a mental illness in some northern Michigan communities can now apply for grants.

That's because Northern Lakes Community Mental Health is now offering mini-grants. The plan is to help transform the public mental health system to one based on recovery principles by strengthening consumer choice and enhancing personal recovery. Funding for this initiative comes from a "Culture Change To Embrace Recovery" block grant through the Michigan Department of Community Health. NLCMH is looking to fund up to 10 grants at a maximum of \$2,000/£1,400 each, up to a total of \$10,000/£6,000. Any person who is recovering from a mental illness who lives in the NLCMH six-county service area of Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon or Wexford Counties is eligible to apply. The application packet is available [here](#).

<http://www.upnorthlive.com/news/story.aspx?list=~%5Chome%5Clists%5Csearch&id=574980>

FLORIDA - Facing a projected \$3.6/£2.4 billion budget deficit, the State of Florida is again "stuck between a rock and a hard place." An economic downturn plagued by high unemployment, a low tax base, revenue shortages and a large population with substantial needs for public services has forced legislators to search for means to cut expenditures and "fill the gap."

Rather than explore the creation of new revenue sources, the Legislature may again turn to funding the budget shortfall with cuts to vital community mental health services. This approach to budgeting has caused Florida to struggle with meeting the basic treatment needs of some of our most vulnerable citizens and will result in financial burden to Florida's communities and endanger public safety. More at:

<http://www.gainesville.com/article/20110201/NEWS/110209984/-1/entertainment?Title=Bob-Sharpe-Dangerous-to-cut-mental-health-and-substance-abuse-funding->

OKLAHOMA colleges offer a variety of mental health services, but officials rely on students and faculty to seek help when needed and report issues as they arise

College mental health services have come under scrutiny during the aftermath of the shooting rampage in January in Tucson, Ariz., that left six people dead and 13 others, including U.S. Rep. Gabrielle Giffords, wounded. Too often, it takes such a tragedy to make people realize how important mental health services are, said Bruce Lochner, assistant vice president for student affairs and director of student counseling at the University of Central Oklahoma. The Arizona shooting suspect, Jared Loughner, was suspended from his community college before the shooting because his actions alarmed school officials. College mental health workers hope they'll be notified about students who are struggling and be able to intervene before problems escalate.

Still, it's impossible to prepare for the worst. Read more:

<http://newsok.com/oklahoma-colleges-offer-variety-of-mental-health-services/article/3538395#ixzz1D7K8CNRI>

MONTANA - The Montana Mental Health Settlement Trust has announced a number of awards to organizations that help Montanans with mental illness.

The trust is still in the process of considering applications but decided that several of the applications are of such importance in assisting Montanans battling serious mental illness they should be accepted and the proposed projects funded, according to a press release. The \$10/£6.5 million Montana Mental Health Settlement Trust comes from a settlement between the state and Eli Lilly & Co. over the promotion of an off-label drug used for treating schizophrenia and bipolar disorder in adults. More at:

<http://www.greatfalls Tribune.com/article/20110201/NEWS01/102010316>

FOND DU LAC - George Wagner hates the label mentally ill.

The Fond du Lac man has managed to carve out a balanced life for himself despite his struggles with bipolar disorder.

"I don't care what people think. Maybe when you've been dealing with mental illness for 30 years, you don't feel the stigma anymore," Wagner says. The 60-year-old attributes his upbeat attitude to his network of family and friends and the staff at the Fond du Lac County Department of Community Program's day treatment center that support him through his daily journey with mental illness. More at:

<http://www.thenorthwestern.com/article/20110123/OSH0101/30123026/Rising-need-for-mental-health-services-is-tempered-by-decrease-in-funding>

THE SHARE THE SPIRIT CAMPAIGN

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Benefits non-profit agencies in Alameda and Contra Costa counties.

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Readers with questions and corporations interested in making large contributions may contact the Volunteer Center of the East Bay at 925-472-5760.

http://www.contracostatimes.com/bay-area-news/ci_16981895?nclick_check=1

WORLDWIDE NEWS IN BRIEF

AUSTRALIA - Mental illness can represent a massive pay cut, according to Australian research which has calculated its cost in forcing people to leave the workforce early.

The study found people who experienced depression or other mental health problems were up to A\$250,000/£125,000 worse off, or they had around half the accumulated wealth, compared to their healthy peers around retirement age. Professor Deborah Schofield said it showed how mental health problems had not only a major impact on a

person's wellbeing and family life but also on their career earnings - and so their level of independence in old age. More at:

<http://news.smh.com.au/breaking-news-national/mental-illness-can-bring-a-massive-paycut-20110202-1acli.html>

CANADA - Before an audience of about two dozen Iqaluit teenagers gathered inside a local youth centre, Leona Aglukkaq, the national health minister, has announced a \$2.4million/£1.6million boost to a regional research program aimed at improving the mental health of Nunavut youth.

"As a northerner I have seen how difficult it can be for small or remote communities to deal with mental health issues affecting our young people," she said. "And it also pains me to say the suicide rate in Nunavut is highest among young people, and this has to change." Over the next five years, the Public Health Agency of Canada will give the \$2.4 million to an independent Iqaluit-based organization called the Qaujigiartiit Health Research Centre. The centre, which started up in 2006 to promote local health research, will use the funds to do research and mental health promotion activities in eight Nunavut communities, including Iqaluit, using approaches that are consistent with Inuit culture. This includes summer camps for children aged nine to 12 in six communities, the recruitment of young people to help do mental health research, and activities aimed at bringing health professionals together with families and community members. They'll also produce a mental health education program for parents called "Nobody's Perfect." Read more:

<http://new.canada.com/news/Health+Minister+Aglukkaq+announces+million+Nunavut+troubled+youth/4228007/story.html#ixzz1D7Hot2oi>

CANADA - For Region Mental Health Care patients in London and St Thomas getting a haircut will now be an outing.

The facility's hairdresser was one of 20 employees handed a layoff notice last month and yesterday was her last day on the job. As she was the only stylist for the London and St. Thomas sites, the Ontario Public Service Employees Union says 2 staff members will now have to accompany patients into the city for haircuts.

<http://www.cjbk.com/LocalNews/Story.aspx?ID=1358237>

CANADA - Depending on who you talk to, psychiatric care in the region for people with chronic and debilitating mental illness is either in frightening disarray or just experiencing a few bumps on the way to a better day.

A number of the doctors who preside over hospital psychiatric care in the region say the cuts of the last two years have had a disastrous impact on people with serious mental illness. Two of the doctors have already resigned in protest from the health authority's department of psychiatry, and more have threatened to. Last month, department members in the South Island passed a motion of no confidence in Dr. Robert Miller, medical director of mental health services for the Vancouver Island Health Authority. But a spokesman for the health authority says the vote against Miller was "completely inappropriate," and that the issue is really about a small number of psychiatrists resistant to change. The health authority has complete confidence in Miller, says Dr. Bob Burns, VIHA's executive medical director for population and community health. VIHA has kept a careful eye on the 200 to 300 people (the opposing sides differ on the numbers, too) left without case managers due to service cuts in the South Island, says Burns. Read more:

<http://www.timescolonist.com/health/Mental+health+left+scrap+crumbs/4223020/story.html#ixzz1D1WIDIP8>

SOMALIA - A new report says the prolonged conflict in Somalia has taken a big toll on the mental well-being of civilians. The World Health Organization says many are suffering from mental illness and have become socially isolated and vulnerable. In Nairobi, Dr. Marthe Everard, the WHO representative for Somalia, says, "The situation is not very good. As you can imagine, after 20 years of war...and civil strife and problems and displacement...we think that one in three Somalis has one or the other mental health disorder." The problems are many and varied. Everard says they include anxiety, depression, schizophrenia, mental retardation, substance abuse and epilepsy. The WHO describes the violence faced by many Somalis as "horrific," including beating, torture and rape. "The situation is worse than we ever had thought. Really a loss of security feeling, a lot of disruption, people are walking around with...war trauma," she says. Other problems contributing to mental stress include high unemployment and poverty. A worsening drought is threatening livelihoods and livestock. Everard says there's "a lack of hope and trust especially in the younger generation."

<http://www.voanews.com/english/news/africa/decapua-somalia-mental-health-4feb11-115296739.html>

TODAY'S HUMOUR

from Jeni Lack

A MARRIED IRISHMAN went into the confessional and said to his priest, 'I almost had an affair with another woman.'

The priest said, 'What do you mean, almost?'

The Irishman said, 'Well, we got undressed and rubbed together, but then I stopped.'

The priest said, 'Rubbing together is the same as putting it in.

You're not to see that woman again. For your penance, say five Hail Marys and put \$50/£35 in the poor box.'

The Irishman left the confessional, said his prayers, and then walked over to the poor box. He paused for a moment and then started to leave.

The priest, who was watching, quickly ran to him saying, 'I saw that. You didn't put any money in the poor box!'

The Irishman replied, 'Yeah, but I rubbed the £34/\$50 on the box, and according to you, that's the same as putting it in!'

from Ann Coles

A TRAVEL AGENT looked up from his desk to see an old lady and an old gentleman peering in the shop window at the posters showing the glamorous destinations around the world...

The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity. He called them into his shop: "I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at my expense, and I won't take no for an answer."

He took them inside and asked his secretary to write two flight tickets and book a room in a five star hotel. They, as can be expected, gladly

accepted, and were off!

About a month later the little old lady came in to his shop. "And how did you like your holiday?" he asked eagerly.

"The flight was exciting and the room was lovely" she said. "I've come to thank you, but one thing puzzled me. Who was that old bugger I had to share the room with?" ...

I KNOW A LOT OF WOMEN WHO ASK THE SAME QUESTION EVERY MORNING

A DAY IN THE LIFE by Juliette Bowden

Friday 8/05/09

I'm sitting in St Katherine's dock waiting to see Sue and Debbie. I have positioned myself at an angle so that I can see them coming from either direction.

I doubt that they've changed. I found a card that Sue had sent me way back in 1983. I'm only going to write for a bit coz I want to see them coming. It's so exciting and I can't wait - well, I can coz that's what I'm doing!

There are loads of different accents around me. The wind is just how I like it. The sun is glistening on the rooftops and the boats are bobbing up and down on the water. Nothing is going to spoil this moment.

My eyes are scanning the area. In my pocket I have two silver, luck bracelets - one for Sue and the other for Debbie. I have written a note to go with it. I have brought some family photos with me.

*Hopefully they will have done the same.
I've spoken to loads of people today and told them what I'm doing.
There's a spark to my day and everyone seems happy for me.
What a brilliant week! Emily is engaged, Alison and Chris have bought
the flat they wanted and I'm meeting up with my closest friends from
my teens.*

*It's too bad they now live in Australia but it just makes today even
more special. There is another 20 minutes before we are due to meet
although I can't remember if they're punctual!*

*My pen is about to run out which is a good feeling. The connections I
can draw upon are amazing. This is a great place to be and so easy to
get to. I love the fact there are so many places to stop for a liquid
break!*

*I'm a bit like a big kid with new clothes and a recent hair appointment.
I hope I'm not disappointed. When the wind dies down it's quite warm.
Speaking to Sue on the phone was a bit bizarre even with an Australian
accent she sounded the same. She tried to revert back to English but
it didn't work.*

*I think I will come back here when the weather is better. It's great to
find places to go where I'll be left alone. Enough of me Chattering away
away....another five minutes and I'll put this back in my bag.*

NARCOLEPTICS ARE OK BY ME by Neil Walton

"Equal rights for narcoleptics, when do we want them?" Zzzz !!

Yes chums, like many other countries, England is short of cash, and now Ireland has joined the list.

Our current government, the one that I and many others didn't vote for, seems to be looking towards the mental and benefit claimants to dig the country out of the financial quagmire.

While I agree that, if you can work, you should do your bit to find paid work, it always seems to be the lower order that suffers, and end up in a dead end job. Why - because we are a far easier to target than the slippery bankers and tax dodgers, and a lot less trouble. Well, until we are ill that is!

I visited the job centre last week, and I overheard a story of woe and discrimination. The guy in front of me was talking to a friend about his narcolepsy, and how the stigma of his disorder had prevented him getting him the job he had always dreamed of.

Now, we all have to be realistic, but there was no way he was ever going make a lion tamer. A lion's lunch maybe, but that's it. In the end, all the job centre could offer him was a post as an apprentice Sheppard! Well, I felt duty bound to step in and help.

To aid our government to squeeze every last penny and dignity out of the nation's poorest I have submitted a list of options on behalf of a local narcoleptic's support group, Kippers Unite. Their headquarters is based in a shopping mall, and can be located in the bedding section of 'Zeds R Us'.

Obviously there are some jobs that sufferers couldn't undertake, such as a parachute instructor, fighter pilot and doughnut filling. However, after ooh, minutes of fervent research, I have some of the answers to hand. If only the job centres could think further out side of the box, we wouldn't be in this financial mess.

My plan involves a major job share scheme for all narcoleptic sufferers. The more jobs, the more sharing, the more job sharing, the lower the unemployed figure will be.

For example, soon the pantomime season will be upon us, and right there is a job share opportunity not to be missed. If any sufferers would like to move into acting, Sleeping beauty is bound to be on at some point! The railway companies are always looking for sleepers, and most constabularies employ sleeping policemen.

You see, jobs a plenty! Furthermore, Ikea are always looking for mattress testers and using a human, rather than an electronic device will save energy, money, and the planet.

And finally, for the narcoleptics fond of travel, why not join a terrorist cell and become a 'sleeper' in foreign parts? No, no, there's no need for thanks, just send money.

Now I must dash, I've got a hamster to sand down...

FROM THE FAR SIDE & BEYOND

by Spam Van Dam

Q: What should you give a man who has everything?

A: Penicillin

Q: What do most men think Mutual Orgasm is?

A: An insurance company.

Ten Things Not To Say Top A Naked Man

1 This explains your car.

- 2 I never saw one like that before.
- 3 But it still works, right?
- 4 Are you cold?
- 5 I guess this makes me the early bird.
- 6 Ahhhh, it's cute.
- 7 Can I be honest with you?
- 8 Maybe it looks better in natural light.
- 9 Will it squeak if I squeeze it?
- 10 Why don't we skip right to the cigarettes?

RECOVERY IN ACTION

THE BEATITUDE YOUTH PROJECT and a film being made about mental health issues are the principle activities of registered UK charity RECOVERY according to their resources communications coordinator Joe Maitland.

The Mental Health and Wellbeing charity was set up in July, 2004 to campaign for change in mental health - the first charity to be set up by survivors and their mission is to spread the word that people can recover from mental health problems and to campaign against compulsion.

They already have successful Beatitude Youth Projects running in Leicester and Rutland and support secondary schools with extended schools' services provision which has been successful in Leicester

In 2008 they produced an exhibition and history book of the treatment of mental health over the last 2,000 years. This helps the students to understand the reason for fear and stigma towards mental health and a vision for the future. Life stories that enable the students to understand the causes and effects of mental health problems and how people can recover completely are studied.

Young people also get involved with creative therapies include creative writing, poetry, art, jeweler, centering therapy, music and coping strategies in a safe and sound environment and provide opportunities for each young person to explore creative materials as a tool of expressing themselves.

They are also taught to recognise how therapy practice is taught professionally in the community to improve young people's ability to express themselves through this particular media.

Students also learn how to be able to communicate what they feel in an environment that is safe, contained and respected within the group and address their issues with behaviour, attitude and relationships to enable them to become valued members of the school community.

More learning involves understanding how silence and being creative can help to heal memories, to appreciate stillness in the mind and to be able to focus well and enjoy the present moment

RECOVERY helps disadvantaged young people between the ages of 11 to 18 helping them to tackle mental health difficulties through the use of activities, creative therapy workshops, counseling sessions and coping strategy techniques.

Many young people are often 'stressed out' because of exam worries, peer group pressure, family problems or social problems and the stress levels experienced by young people to avoid serious mental health problems and illness.

RECOVERY and its volunteers attend local schools to carry out the sessions/ activities/ workshops. The sessions take place twice a week in each school. We have two secondary schools participating at the moment Soar Valley College and a girls' school Sir Jonathan North.

Although we cannot prevent the Mental Health challenges occurring we can improve the young peoples' coping strategies. We have evidence that recommends our therapy sessions. Participants say 'it was very peaceful, quiet and calm. I will come again.'

The students enjoy the atmosphere where they do not have to put their hands up or have to work towards grades but have freedom to enjoy themselves.

The aim of the beatitude youth project is to help young people to enjoy their learning experiences by being able to focus and remain on task. As they are able to control their mind their behaviour, attitude and relationships improve. This will make life easier for staff, peers and family at their school and home.

This project's objectives are to improve wellbeing by creative therapies and learning coping skills:

- Focusing on our strengths
- Understanding mental health problems
- Reducing stress
- Connecting with people
- Expressing our positive feelings
- Getting closer to people
- Standing up for ourselves in a positive way
- Managing anger
- Using our time well
- Avoiding problems with alcohol and drugs
- Gun, crime-gang and knife workshops

The urban deprivation themes include young people not being listened to or valued for their contribution in society. We intend to work with those children who have had anti-social behaviour orders.

We are starting to work with local child and adolescent mental health services. This link is being established and encouraged by senior management in the schools.

Efforts have been made to be involved in case work panels in the local area. The project works with other youth inclusion projects in Leicester, Soft Touch Arts, to succeed in the education of 50 plus young people at risk of offending. The project leader and the responsible youth worker are negotiating with senior management in the schools to have a consultation with staff, parents, young people and the project staff to research the causes of the problems with behavior.

An initiation document will be written at a Stakeholders Consultation looking at 10 questions and answers about the challenges to be resolved. The Project is working with parents and the community to explain all the changes and get their support.

The schools' senior management indicates that having the support of the Beatitude Project has taken some pressure off the school so they do not feel so isolated in working with children with challenging problems.

We hope to be useful in changing the culture of the school for the better. RECOVERY staff could be involved in carrying out behavior management training and consultancy with school staff. Over time this systemic work could be a focus of the project.

We are positive about the introduction of the Common Assessment Framework for children and young people. It makes it easy to identify who needs support and how we can achieve the best outcomes.

RECOVERY are also making a film called **'I'm a Survivor Get Me Out of Here'** to spread awareness about the stigma and discrimination about Mental Health. We have four talking heads who are survivors of Mental Health problems:

Lizzie who was attacked by a man, aged 19 in 1975 and no-one believed her so she was locked up in a psychiatric hospital. She was discriminated against by a judge and lost custody of both her children.

Maia an asylum seeker from Nigeria was put in hospital for talking too much. Both her children were put in care and have only recently been returned to her partner.

Giles has always believed he was God and suffered dreadful side-effects from his medication.

Sherry was recently put on a ward because her partner accused her of violence against him. Both her children are in care.

For more information please contact Joe Maitland RECOVERY Resources Communications Coordinator on [07920403954](tel:07920403954) or

j.maitland35@hotmail.co.uk

BOOK RECOMENDATIONS

A Schizophrenic's Journey through Darkness and Light

By Joshua Udell

ISBN 978-1-84991-364-5

Description

Schizophrenia is one of the most misunderstood mental illnesses and yet 1 in 100 people suffer from it. Just what goes on inside the mind of a schizophrenic? Joshua Udell gives insight into what goes on in my

mind as a person with schizophrenia. A rare look into the frightening and alarming visions, hallucinations, and delusions he has experienced. This true story shows hope for families of and those who suffer with mental illness. What would you do if your mind was playing tricks on you? I for one have experienced the games schizophrenia can do if not careful. Joshua Udell has seen schizophrenia lead him down a path of confusion and chaos. Luckily, Mr. Udell has overcome with help from incredible people that have knocked down the powerful force within his mind to overcome. While there is no cure, there is help and fortunately the paranoia has been nearly swallowed up in the battle between darkness and light to the pathway to surviving and recovery. Since Joshua and his wife Lindsay got married, it has been one of their family's goals to share and educate on issues regarding mental illnesses. Joshua Udell would like to change the stigmas surrounding the most misunderstood mental illness, schizophrenia, and hope this book will help.

About the Author

Joshua Udell is a successful husband, father, writer, teacher and minister battling with schizophrenia. Joshua received his bachelor's degree in Biblical Literature from Ozark Christian College in Joplin, Missouri and is an ordained minister. Mr. Udell was born in Omaha, Nebraska on October 3rd 1979 and has been married since June of 2002 and enjoys family time with his wife Lindsay and son Jesse. Joshua Udell grew up learning about Islam, Christianity, Judaism and Buddhism and is a writer of prophecy and many religious subjects. Mr. Udell has done funerals, weddings, and has preached in several states including overseas in Chang Mai, Thailand. Joshua has traveled the world, lived in Riyadh, Saudi Arabia and has visited many countries including Egypt, Jordan, Israel, Bahrain. Scuba dived in the Red Sea and floated in the Dead Sea. Mr. Udell has also visited France, England,

China (Hong Kong), Myanmar, Thailand, Laos and Mexico. Joshua currently resides in Webb City, Missouri.

Book Extract

Chapter One: Who's at the Door

My very good friend and neighbor knocked on my door, while I was wide awake laying on the couch engulfed by the television screen about a rapture that was going to happen any moment.

As he interrupted my rapture preparations the strangest thoughts came to me as Porter asked me to accompany him to return some videos. I'm feeling lazy and prepared for anything the great disappearance of many people. Rapture I'm ready!

I am about to experience the rapture of it all. I felt as the night is good for a walk I would go to the video store.

He invited and I insisted. We closed the door behind us and the next thing I knew no rapture happened, driving in my neighbours car, instead of walking I was wondering where he had rented his videos, apparently the hospital unit.

Doctors confirmed my friend's fears and a few hours later, which seemed many more to me, a rapture did take place, a disappearing where I was out cold, completely gone and in the twinkling of an eye I found myself in the hospital unit.

I had disappeared, but it didn't seem like my television set had been describing, it was more like a foggy dream lost, passed and a rapture of gobbledygook. Damn that television, I felt as if that's what happened to me this serene blustery night, but only as if a commercial interrupted all the perfection.

When it first began, I thought to myself, "What happened?" I didn't know what was going on. All I knew was that I felt as if something supernatural was taking place. As if God was in or mimicking me, or was it the other way around?

As if I was doing the things that God wanted me to do. I was out of it or shall I say I was spacey. No one really mattered to me living in or on the seventh realm of life. The presence of awe-inspiring thoughts that were bouncing through my head as a racquetball bounces back and forth. But eventually the game is over. That one still takes me a lot to realize. Because every so often it seems like the racquetball game keeps going, and at times gets louder and fearfully more competitive.

There are thoughts and voices that will make you laugh, or go into a daze for what seems like hours, years, seconds wrapped into a thread of bouncing additives.

There are other times when you just want to stay in bed because the force within you has become so physically and mentally overwhelming that you think you are either going to burn out or have to give up, but the game keeps disappearing and reappearing.

Other times you want to get everyone's attention and just dominate the platform as if you were the lead actor in a major movie. Paranoia can begin when you perceive people whispering about you or asking you how you are doing, and some of the time you just want to say, obliviously exhilarating, "I couldn't be doing any better."

At other times, the mental images of past emotions and expressions that you have seen in your life make you feel broken and with no place to go to dry your eyes from the feelings that seem impossible to decode.

You try and then you hear the words "Are you in another episode?" Laughing I might think to myself, "Yes, this time it's the episode when Anakin Skywalker takes over the world." But so-called reality has to trickle in, which can actually be a deterring moment.

A trouncing of your faith, battering your beliefs that this time you are too far gone or that this time you have departed to an empty terrain where the radar has broken and no one knows where you are.

I am not an ordinary individual, but neither was Van Gogh, Einstein, Mozart, and for that matter Poe or Louis Carroll. But everyone, maybe once in awhile, wants to be extravagant. After all movie stars, writers, musicians, and inventors are usually bizarre or odd people. People want to excel, my episodes have allowed me to accelerate an impressive story with facts and fiction of recollections.

When in an episode, and not necessarily in one, you can laugh at a movie that is serious and not express your satisfaction at a movie that everyone is amused at.

When they are crying, because something is wrong, it can turn out the transitioning of your impressions are where you feel like a stranger in their world. You may act like a stranger to someone who thought they had known you all too well, and then the one-eighty turns into a reverse one-eighty making a backwards three sixty.

For all I know I could be living on Venus visiting people on Earth and that is why they seem strange, but over and over they ask me, "Are you in another episode?" But this is my problematical assurance I share with people once and again

It seems to come out differently each time and in each episode. So I say, "Gaze with me or at least think for a moment at the complexity impossible to comprehend, only observe as if you were in my shoes on a

global screen and be in awe over the uncharacteristic things done day and night over as if God is using you for his humor, drinking wine while watching. Peculiarity is part of our being."

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LAMICTAL RASH What You Should Know

From FORWARD correspondent Muffy Walker

LAMICTAL - GENERIC LAMOTRIGINE - is an anticonvulsant drug often used as a mood stabilizer for bipolar disorder.

Unlike other drugs of this type that are used to treat both seizure disorders like epilepsy and also bipolar disorder, Lamictal has a black box warning on the prescribing information regarding serious rashes that can sometimes occur.

The official language of the Lamictal rash warning is written in complex medical language. Here are the important points of the warning written in plain English.

Lamictal may rarely cause serious rashes that can lead to hospitalization. In patients aged 16 and under, these rashes, including a potentially life-threatening rash called Stevens-Johnson Syndrome or SJS, occur in about 8 out of 1,000 cases.

In adults with bipolar and other mood disorders, the rate ranges from .8 to 1.3 per 1,000 patients. The rate is higher for adults taking Lamictal for epilepsy - about 3 per 1,000.

Another serious rash called toxic epidermal necrolysis or TEN sometimes occurs, but too rarely to estimate the rate. Deaths are rare and serious, but they do occur.

Besides age, other possible factors that may increase the risk of serious rash in patients taking Lamictal are:

Taking valproic acid (e.g. Depakene) or sodium valproate (e.g. Depakote) along with Lamictal;

Taking more than the initial recommended dose when first starting Lamictal therapy; or

Increasing the dosage too quickly after starting to take Lamictal.

Almost all cases of life-threatening rashes associated with Lamictal have occurred within 2 to 8 weeks of the time the patient first started taking it. There have been isolated cases where the rash occurred after longer use, though, so you have to report any rash to your doctor no matter how long you've been taking Lamictal.

Not all rashes caused by Lamictal are serious, but there is no good way to tell whether the rash is dangerous or not. This means you need to stop taking the drug immediately as soon as a rash occurs, unless you are sure it is not related to the drug - for example, if you know you got into some poison ivy, and even then you're better off contacting your doctor right away.

Stopping treatment with Lamictal isn't enough. The rash could still become life-threatening, permanently disabling, or permanently disfiguring.

The official warning ends here. But as you can see, the rashes that Lamictal use can cause are no joke. If you see a rash on your skin, stop taking Lamictal at once and contact your doctor.

If you can't contact the doctor who prescribed Lamictal for you, call your family doctor or internist, go to an emergency clinic, or go to the nearest hospital's emergency room.

www.internationalbipolarfoundation.org

PHYSICAL & MENTAL WELLBEING

by Doctor Chris Pickard

THE HEADLINE on the front page of the UK daily newspaper the Daily Mail on Friday 14th January made me feel sick.

So I'm sorry, but this email is long, has a lot of links for those who want to read more, and despite the negativity, does give you positive, proactive advice.

The news that a six-year-old girl died of swine flu and it is being blamed on the government for not wanting to pay £6/\$9 for a swine flu jab.

I can understand the distraught father wanting to blame someone, and saying it was because of a lack of a vaccination is understandable, as we are lead to believe they work in all cases.

With the flu jab however this is sadly not the case. There is no evidence AT ALL that I have seen, that it saves lives. There is evidence that it decreases hospital admissions but there is NO DECREASE in deaths.

This is why the drug manufacturers and the government don't directly say "this will save lives" because it would be a lie and they would be sued.

What is even more sickening is that the father is a medical doctor, and he really should know more about health. The ignorance of so called 'experts' - aka 'doctors' of these facts about all flu vaccinations, and their blatant lack of any desire to investigate and use an alternative especially when it comes to treating their own children astonishes me.

It is likely that if any doctors were brave enough to try injecting large doses of vitamin C that this child would still be alive. Yet they won't do it as it is not a normal procedure - despite it being cheaper than vaccines, and far, far, far safer.

<http://www.getresponse.com/click.html?x=a62b&lc=5tfx&mc=m&s=SF>

[N4M&y=i&](#)

<http://www.getresponse.com/click.html?x=a62b&lc=5tfT&mc=m&s=SF>

[N4M&y=X&](#)

<http://www.getresponse.com/click.html?x=a62b&lc=5tfc&mc=m&s=SFN>

[4M&y=v&](#)

What would be even better though is a campaign by the government to get everyone taking a minimum of 2000 IU of vitamin D3 through winter. This has been proven to prevent not just the flu, but a whole host of other problems too.

In fact, if everyone took enough D3 it could save the government about £24 billion/\$36 billion a year in health care costs. This campaign would be far more cost effective, and save many more lives than any vaccine.

<http://www.getresponse.com/click.html?x=a62b&lc=5tfp&mc=m&s=SFN>

[4M&y=K&](#)

<http://www.getresponse.com/click.html?x=a62b&lc=5tfs&mc=m&s=SFN4M&y=2&>

Apart from D3, the government should investigate further the effectiveness of large doses of injected vitamin C for emergencies, and also the supplement Immunocal.

Immunocal is getting tremendous support for its immune boosting abilities from the likes of Dr Luc Montagnier who co-discovered the link between HIV and AIDS, recommends it to all his AIDS and cancer patients.

<http://www.getresponse.com/click.html?x=a62b&lc=5tf1&mc=m&s=SFN4M&y=Z&>

Why should you listen to the advice of a chiropractor on children's health though? Well, simply, according to research, children of chiropractors are healthier than children of paediatricians.

One study found that chiropractors children had $\frac{1}{4}$ the incidence of ear infections, and about $\frac{1}{2}$ the amount of tonsillitis as paediatrician's children. A second study carried out at a New York University showed that chiropractic was 4 times better than antibiotics at treating ear infections.

As well as regular spinal checkups my children take specific makes of the following supplements: Fish oil, vitamin D3, Advanced Amrotose, Immunocal, and occasional multivitamins. They seem to be healthier than other children.

<http://www.getresponse.com/click.html?x=a62b&lc=5tfb&mc=m&s=SFN4M&y=e&>

It is not vaccines that I have a problem with, it's the people that make them, and why doctors, the general public, and

governments still trust the drug companies about the false research they provide beggars belief:

<http://www.getresponse.com/click.html?x=a62b&lc=5tf3&mc=m&s=SF>
[N4M&y=o&](#)

And if you thought that the book and film, *The Constant Gardener* by John Le Carre was fictional, then read about what's been happening in Nigeria:

<http://www.getresponse.com/click.html?x=a62b&lc=5tfd&mc=m&s=SF>
[N4M&y=m&](#)

I implore you to please send this email to your local MP, with a request to then send it on to the Health Minister - it should help him deflect the anger wrongly aimed at the government.

Remember, at the end of the day - your health, and the health of your children is NOT the government's responsibility - it is YOURS. I'm here to help inform and educate you about health, so you can make better choices.

Best of Health

Dr Chris

PS: If anyone can find an article that shows that the flu vaccines are saving lives, I would gladly read it, investigate its claims, and change my opinion if warranted. Christopher Pickard, The Pain Relief Centres, 01707 662 704 or www.thepainreliefcentres.co.

EMAILS TO THE EDITOR

Dear Ed,

In last week's FORWARD you seemed to have killed two birds with one stone - caught the high and had a good clear out - it made great reading x **Elsie Lyons, Barnet Voice users' group.**

Dear Ed,

We received our first copy of FORWARD last week and we think it's great. **Joe Maitland**, Resources Communications Coordinator RECOVERY mental health charity, 07920403954 or

j.maitland35@hotmail.co.uk

THOUGHT FOR TODAY

Life is not always what one wants it to be, but to make the best of it as it is, is the only way of being happy.- Jennie Jerome Churchill

We are generally so certain that we know what's best for ourselves. And we are just as often certain that what we think is best will guarantee happiness. Perhaps we should reflect on all the times in the past when our wishes didn't come true - fortunately.

Did any one of us expect to be doing today, what we each are doing? We may have expected children, a particular kind of home, a certain career, but did we really anticipate all that life has wrought?

Addiction, and then recovery from it, was probably not in our pictures. But it does fit into the big picture.

The happiness we experience today probably doesn't visit us in the way we anticipated a few years back.

But it is measured out according to our needs.

The choice to be happy with what is ours to make, every moment.

ACCESS YOUR LOCAL SUPPORT GROUP

UNITED KINGDOM

[Bipolar Aberdeen](#) - Tel: 01224 573910...

[MDF The BiPolar Organisation](#) - access via their website

[Recovery In-Sight Centre](#) - Bipolar support groups in Watford & Stevenage. Tel: 01707 284808 or 01923 239489 The Recovery In-Sight Social Enterprise (RISE) Old Free School, George Street, Watford, WD18 0BX tel: 01923-297122 / 01923-239489

<http://www.recoveryin-sight.com> or contact@recoveryin-sight.com

[Rethink](#) - Access via their website.

[Sane](#) - Access via their website

[MIND](#) - Access via their website

EUROPE

[ENUSP](#) - European Network of (ex-) Users and Survivors of Psychiatry.

[Mental Health Europe](#) - Mental Health Europe currently has about 67 member organisations in 30 European countries and 72 individual members.

USA

[NAMI](#) - Tel: 1 (800) 950-NAMI (6264)

[California Bipolar Foundation](#) - Access group via their website.

WORLD WIDE

[MeetUp.com](#) - Enter relevant search terms such as bipolar, manic etc. to locate groups in your area.

UK HELPLINE NUMBERS.....

RISE - The Recovery In-Sight Social Enterprise, Old Free School, George Street, Watford, WD18 0BX tel: 01923-297122 / 01923-239489

MIND : [Mind info line 0845 766 0163](tel:08457660163)

RETHINK: 0845 456 0455

SANE : 0845 767 8000

SAMARITANS: Helpline: 08457 909090 (UK) or 1850 60 90 90 (Republic of Ireland) Local rate 24 hours daily.

PAPYRUS: 08000 68 4141 or 01978 367333 Voluntary organisation committed to the prevention of young suicide and the [promotion](#) of mental health and wellbeing.

CHILDLINE: 0800 1111 Free and confidential, 24-hour helpline for any child with any problem. Lines can be busy so keep trying.

SURVIVORS OF BEREAVEMENT BY SUICIDE: 0870 2413 337 (9am-9pm daily) Aims to provide a safe, confidential [environment](#) in which bereaved people can share their experiences and feelings, so giving and gaining support from each other

CALM: 0800 585858. The Campaign Against Living Miserably is a Department of Health initiative to help alleviate suffering caused by suicidal thoughts, mental illness and drug dependency. Helpline open to anyone. 5:00pm to 12:00am Saturday to Tuesday. Calls are free and confidential and don't show up on landline telephone bills.

WEBSITE DIRECTORY

READ OUR COMPREHENSIVE MENTAL HEALTH WEBSITE DIRECTORY BY BOB

HOULSTON AT: [http://www.houlston.freeserve.co.uk/zxxx-wr-forward-](http://www.houlston.freeserve.co.uk/zxxx-wr-forward-02.htm)

[02.htm](#)

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