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*FORWARD incorporating BI - POLAR NEWS
A FREE & INDEPENDENT WORK IN PROGRESS*

**MID-WEEK EDITION
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FORWARD is a not-for-profit social enterprise publication, produced by people with bipolar for people with bipolar, their caregivers, family, friends, mental health professionals and anyone interested in finding out more.



“mental, emotional, physical and spiritual wellbeing around the world...”



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PUBLISHER'S STATEMENT

Hello, readers

Yes we're back however, the question is, did you miss us?

We've been busy. We've redesigned FORWARD so that it's more appealing to the eye and easier to read.

We've been researching and writing a book about the bipolar challenge which is now a global cause for concern. A Bipolar Book – the Shocking Truth is being published at the end of January 2012

And we've expanded our global network of news and development correspondents so that today a remarkable 57 volunteers work for FORWARD PUBLISHING, this newsletter's not-for-profit parent company, limited by guarantee and abiding by the precepts and principals of a social enterprise.

As for FORWARD PUBLICATION's aims & objectives, they're very simple....

WHAT WE DO: We work with recovering addicts, alcoholics and people with mental health challenges to cross that bridge to so-called “normal” living - through hands-on communication education.

OUR AIMS are to double the number of folks working for FORWARD PUBLISHING by the end of 2012 with correspondents in at least 50 countries worldwide. By the end of 2013 we plan to have correspondents in at least 100 countries worldwide

OUR OBJECTIVE is the globalization of mental health news so that nations share challenges, solutions, knowledge, knowhow, wisdom, experience, strengths, medical advances, hope, theraputic improvements, research,culture and

camradry in an long term commitment to eradicate mental, emotional and spiritual distress

FORWARD also firmly behind the UK RETHINK organisation's Time-to-Change campaign...and there are several stigma campaigns going on around the world now, including the USA, Canada, Australia, New Zealand and Ireland

Our commitment is to replace negative, discouraging language with acceptable language which supports and encourages those who seek recovery through 12 step programmes and self help management skills

We want you, the reader to help us with this

For the next 10 weeks we would like you to submit any word or phrase in each issue which you think could have been replaced with a better word or phrase and the most convincing and compelling submission for each issue will get a gift sent to them by snail mail

The best submission each week will receive a copy of the remarkable book, *Impressive Depressives*, published by the UK's leading bipolar charity, MDF the Bipolar Organisation.

All submissions to me please

Jonathan Ashby

trustee & editor

FORWARD

a not-for-profit social enterprise at:

ashby300@hotmail.com

Thank you...

...coming soon in this Weekend's re-launched issue of FORWARD

- BIPOLAR - the shocking truth**
- BIPOLAR MUSIC - kick back and listen**
- MDF the UK bipolar organisation - an exclusive report**

THE UK'S NATIONAL HEALTH SERVICE

THE ENVY OF NATIONS WORLDWIDE

by *FORWARD'S* deputy editor *Bob Houlston*

I began work for the NHS when I was 15
I received NHS training when I was 19
and I became an NHS mental health patient when I was 31
Now, I work for the NHS again as a guitarist.

As for getting treatment I simply present myself to my doctor or other NHS staff like a psychiatric nurse or I check in at the Accident & Emergency Department of my local hospital

Dental treatment, regular checks with an optician and free spectacles and free medication for those on low incomes. I pay a small contribution - about £200 (\$300) per year

Everything else is free to me like time with a consultant psychiatrist, CBT therapist, and a pathology lab for Lithium level monitoring.

I also have free access to Mind the national UK mental health charity and other mental health organisations of my choosing, where I can access free courses for photography, music, dancing keep fit, art, internet and counseling for which the UK government provides some funding.

The national UK newspaper, the Daily Mail varied out a survey earlier this year and came to the conclusion that St Albans the historical town 30 minutes north of London, where I live is among the five top places in the UK for mental health care.

When you consider the NHS is the envy of many nations across the world then it is quite possible that I enjoy psychiatric care that is the finest on Planet Earth.

I am most fortunate especially when I consider countries like Bulgaria and rural Russia where mental health care and mental health services are minimal.

Welfare benefits in the UK are also most generous. I am actually financially better off now that I am retired - at age of 44 - than when I had a full time job.

I also get a Free Travel Pass that entitles me to free bus travel anywhere in England.

Many organisations also give concessions to people like me with disability

We have a saying here in UK which goes: "I believe that people who are ill should get more money rather than less."

How fortunate we are along with the few other countries that enjoy a national health service like the UK...

Here's a link to NHS information

http://en.wikipedia.org/wiki/National_Health_Service

and you can check out Bob Houlston's link at:

<http://www.houlston.freeserve.co.uk/daybreak.htm>

You can also access Mind and other UK mental health charities via another Bob Houlston link at: <http://www.houlston.freeserve.co.uk/mental.htm>

This issue...

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UK NEWS IN BRIEF **click on each story headline to read more**

PSYCHIATRISTS TO HAVE LESS CONTROL OVER INPATIENTS

Instead, psychiatric inpatients should have more support from peers who have experienced mental health problems according to a report by mental health charity Mind into acute and crisis mental health care in England and Wales

PATHOLOGICAL INTERNET MISUSE IS A MENTAL HEALTH DISORDER

Teenagers are becoming so addicted to computer games and the internet that "pathological internet misuse" may soon be recognised as a mental health disorder Distressed families are already flooding psychiatrists with pleas for help.

BRICKY MARCHES ACROSS THE CONTINENT

Peter Beatty has so far raised £6000 for the UK charity Combat Stress, the UK's

leading military charity specialising in the care of Veterans' mental health. The charity looks after men and women who are suffering from a psychological condition related

CR SPOKE WITH THE MIND CAFÉ

This inspired her to carry out postgraduate research into the relationship between mental health and religion, whilst Cornelius, a pioneer of Christian art in the UK, found his work had a therapeutic effect on individuals with mental health problems

FORTYSOMETHING: THE NEW MID-LIFE CRISIS

According to the National Health Service, prescriptions for antidepressants have risen by more than 40 per cent over the past four years, the result – mental health charities believe – almost entirely of economic pressures.

FORCES WELFARE

The UK Combat Stress organisation is dealing with 44 inquiries from veterans and servicemen with mental health issues. Almost 300 Royal British Legion fundraisers have completed this year's Pedal to Paris Charity Bike Ride

SUNDERLAND HOSPITAL DRUG CASES ROCKET

Across the UK, admissions in which drug-related mental health and behavioral disorders were a primary or secondary diagnosis rose 15 per cent, from 44585 in 2009- 2010, to 51353 in 2010-2011.

MENTAL HEALTH CHARITY JOINS THE SOS BATTLE

A leading mental health charity has backed a campaign to retain inpatient psychiatric beds in Burton. Mind's endorsement came on the day it published a report which campaigners claimed gave further support to their case

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MEDITATION GOOD FOR THE BRAIN

A report published by a mental health charity last year argued that if more GPs

could offer the therapy it would cut the financial burden of depression, which costs the UK £7.5 billion a year. Meditation could help temper the symptoms of ADHD

PATIENTS 'STRUGGLE TO GET EMERGENCY MENTAL HEALTH CARE'

People with urgent mental health problems are struggling to get emergency treatment in England and Wales, campaigners say. A review by Mind highlighted a range of difficulties patients face getting help from community crisis teams and hospitals

HOSPITAL ADMISSIONS UP FOR DRUG-RELATED MENTAL UNWELL

There has been a 14% increase in the number of hospital admissions for drug-related mental health and behavioural disorders in the space of a year, new figures show. A total of 6640 people were admitted for this reason in 2010-11 - up from 5809

THE STRUGGLE TO GET A JOB WITH MENTAL ILLNESSES

One of the biggest talking points among mental health service users is how the Westminster Government's reform of the welfare system may affect benefits and employment opportunities.

MDF BIPOLAR, BIPOLAR SCOTLAND, EQUILIBRIUM AND SANE have launched a survey of their members and service users to find out more about the impact of bipolar disorder across the UK. The research survey has been developed by the charities in partnership with Lundbeck. The survey will close on Friday 9 December 2011. Complete the survey by copying this address into your browser:

www.surveymonkey.com/s/bipolarsurvey

MENTAL HEALTH DISCRIMINATION IS NOT THE PUBLIC

The government, together with Comic Relief, has announced £20m further funding for the Time To Change campaign against mental health stigma and discrimination, extending it until 2015.

I

MENTAL HEALTH ADVOCATES REACT TO HEALTH CENTER PLAN

Yesterday at 2:35 pm Supporters of the Tinley Park Mental Health

Center were rejoicing Tuesday after hearing the facility would remain open through the fiscal year, which ends June 30.

MENTALLY-ILL REOFFENDERS: AS COMMON AS WE THINK?

This includes knowing where they live and that they remain in regular contact with a community support team that includes a psychiatrist, mental health nurse, social worker and sometimes a psychologist.

SICKNESS AND ABSENCE REVIEW MEETS APPROVAL

Centre for Mental Health chief executive, Sean Duggan says Mental ill-health accounts for a large proportion of sickness absence in the UK and one in four GP consultations, and remaining in work has been proven to be an important factor in recovery

POTENTIAL TO PREDICT PSYCHOTIC EPISODE USING BRAIN SCANS

Computer analysis of brain scans could help predict how severe the future illness course of a patient with psychosis will be, according to research funded by the Medical Research Council and the Wellcome Trust.

SAMARITANS FEAR SUICIDE RISE AS RURAL JOBLESS STRUGGLE

MENTAL health experts have warned that the long-term unemployed across vast swathes of rural Yorkshire will endure severe emotional trauma as they battle to find work in the economic crisis.

MENTAL HEALTH PROBLEMS SOAR ACROSS SUSSEX

The number of people admitted to hospital with drug-related mental health and behavioural problems has gone up by almost 70% in one year. Hospitals across the county dealt with 188 incidents between April 2010 and March compared to 112 the year before.

MENTAL HEALTH ISSUES

In Scotland, mental health issues could cost the country more than £8/\$12 billion a year, according to The Scottish Association for Mental Health. The charity revealed the estimate after launching a manifesto for Scottish politicians weeks before the Scottish election. Those issues impact on the economy and employment and can cause a strain on the NHS and the justice system. It wants a strategy that goes

beyond the health service, covering 10 "key steps" across society for improved mental wellbeing

WE PAY A LOT OF ATTENTION to diet, exercise, moderating our drinking and giving up smoking these days. One important aspect of our health often takes a back seat and that's sleeping. It turns out that insomnia is the UK's most commonly reported mental health complaint and we must start to see it as an important part of a healthy lifestyle. A report by the charity The Mental Health Foundation found that nearly two-thirds of us struggle to get a good night's sleep, while one in three is plagued by chronic insomnia.

BE HAPPY AND CHEERFUL IN TEEN YEARS

It could be the key to greater well being and satisfaction in adulthood, says new research. Although a troubled childhood may be linked to mental health problems, little is known about the impact of a positive childhood. Accordingly, University of Cambridge researchers and MRC Unit for Lifelong Health and Ageing went back to a 1946 British birth cohort study of 2,776 people to examine links between a positive childhood and later well-being. A 'positive' childhood was based on evaluation of students' levels of happiness, friendship and energy at the age of 13 and 15. A student was given a positive point for each of the following four items - whether the child was 'very popular with other children', was 'unusually happy and content', 'makes friends extremely easily' and 'extremely energetic, never tired.' They found teenagers rated positively by their teachers, were significantly more likely to have higher levels of well-being later in life, including higher work satisfaction, more frequent contact with family and friends, and were more socially active.

HEALING AFTER SUICIDE

If you have lost someone in your life to suicide, join American Foundation for Suicide Prevention, in "Healing After Suicide." This free community event is designed to help survivors connect with others who have survived the tragedy of suicide loss and express and understand the powerful emotions they experience. After the broadcast, survivors will have the opportunity to attend break-out groups based on type of loss - parent, child and spouse, for example). Facilitators will assist in providing a more intimate setting for survivors to share their experiences in dealing with their loss. For information and to register: Please contact Danielle Glorioso at (858) 246-0767 or email dglorioso@ucsd.edu

RETHINK MENTAL ILLNESS IN AD DRIVE

The charity Rethink Mental Illness is launching a striking ad campaign to raise awareness of mental illness. Created by M&C Saatchi, the campaign, called 'If Only', features eye-catching pictures of a brain with a plaster on it

MENTAL HEALTH: POOR MEDIA COVERAGE REDUCES AWARENESS

Awareness of mental health issues is falling far short of the mark because of an inappropriate amount of media coverage. A recent survey by Mind revealed that nearly half of people asked could not remember seeing any stories or reports about mental health

RUBY WAX LAUNCHES MENTAL HEALTH WEBSITE

Ruby Wax has today launched a new website aimed at anyone affected by mental illness. The new social networking site, Black Dog Tribe, is the brainchild of the comedienne and Dutch internet entrepreneur, Nina Storms.

MENTAL HEALTH CAMPAIGN GROUP SANE are reinforcing the belief that intervening as early as possible is the best way of helping anyone who may be in distress or experiencing mental health problems – especially over the festive season

The consequences of not identifying or responding quickly to warning signs can be devastating. Around three quarters of people who commit suicide in the UK each year have not been in contact with specialist mental health services within a year of their death and in the last months of their life many have no contact with their GP either.

SANE believes the public can play a vital role in recognising and responding to the critical early warning signs of vulnerable people; and it does not require specialist skills or extensive training. SANE is launching a new concept of care – Send a Text Save a Life - to give members of the public the ability to offer practical comfort to those they love. http://www.sane.org.uk/what_we_do/appeal/

ALL OF UK MIND'S LATEST NEWS can be found at

<http://charityemail.org.uk/CZC-KUQP-C01KONNI75/cr.aspx>

USA NEWS IN BRIEF

UNION FAULTS KAISER PERMANENTE MENTAL HEALTH CARE

Union officials and Kaiser mental health care workers asked state regulators Tuesday to investigate claims that patients who seek mental health services at San Francisco's Kaiser Permanente often wait weeks for care - well beyond the 10-day limit required by state law

BACKGROUND CHECKS ON WAY FOR PSYCHIATRIC CARE WORKERS

State officials are scrambling to fill a hole that allows state employees to work in mental health clinics, crisis units and even private residences without a criminal background check. About 65 state employees are in that position now

NY'S CHANCE FOR BETTER MENTAL HEALTH CARE

The health home concept is a good one. It says that the locus of control of one's care is patient-centered and coordinated through a network that, in many cases, will include hospitals, **mental health** organizations, health plans and community-based schemes

MICHIGAN INCARCERATES MENTALLY ILL

Charleston is a peer support specialist and facilitator at Detroit Central City Community Health Agency and feels that her son should have been receiving mental health treatment when he started getting into trouble

THE CAFÉ THAT'S TURNING EX-SOLDIERS INTO PEACE ACTIVISTS

In a study of 120 service members returning from Iraq and Afghanistan, published in the journal *Military Medicine*, 62% of those surveyed said they were receiving some kind of mental health care

HEALTHYPLACE MENTAL HEALTH BLOGS WIN 3 WEB HEALTH AWARDS

Three mental health blogs recognized as standouts for helping tens of thousands living with serious mental health conditions. Mental Illness in the Family blog, Debunking Addiction blog and Breaking Bipolar blog receive major honors at 2011 Web Health Awards

COPING WITH THE HOLIDAYS

This holiday season is supposed to be a time of joy, parties and gatherings with friends and family. But the holidays can be a stressful time under the best of conditions. The commercialization of the holiday season bombards us with unrealistic expectations especially in this troubled economy. The brochure, Mental Illness: Coping with the Holidays, provides helpful self care tips for persons living with a mental illness, tips for families and friends and tips for communities of faith. You can download this resource from the Mental Health Ministries website in English or Spanish. www.MentalHealthMinistries.net

NAMI California is seeking to attract 2,012 members by 1st January 2012

With mental health taking a pasting over the past two years with budget cuts, departments being realigned and increased legislation, NAMI wants to increase the power and influence of its voice particularly in government And those 2012 new members will be added to NAMI Californian existing membership of 19,000 and the NAMI national membership of more than 300,000. You can join online or by mail. Call 619-584-5564 for more information

NAMI California are also up in arms because the state's mental health funding has been cut for the fourth consecutive year –

bring the total cuts since 2009 to 21%

WORLDWIDE NEWS IN BRIEF

AUSTRALIA Mental health counselling cuts hit hard. Following a AU\$580 million cut to the Better Access program in November, the number of yearly counselling sessions mental health patients can claim from Medicare dropped from 18 to 10. This potentially leaves tens of thousands of people cut off from help

BELIZE Belize City is to get a Mental Health Resource Centre The homeless and people living with mental health problems in Belize City will soon be able to get help at the Mental Health Day Care and Resource Centre, to be built at the corner of Tibruce and Vernon Streets in Belize City.

CANADA Advancing excellence in mental health recovery is occurring across Canada despite a gloomy economy. Times of economic uncertainty often mean cut backs in programmes and funding in mental health and addiction services. However, these variables didn't deter Paul, who served in hospital and treatment settings throughout Canada, from seeing the needs

CANADA The Thomson family has made a \$30-million donation to Toronto mental health research. Three grand-daughters of Roy Thomson, the late newspaper baron, are continuing the family tradition of philanthropy with a \$30-million donation to the Centre for Addiction and Mental Health in Toronto.

FINLAND Immigrant health problems are often untreated according to a new study which finds that untreated mental health issues are common among foreign-born city dwellers, as well as physical disabilities. Coordinating the research has been undertaken by Maryam Fathollahi, a Kurd who came to Finland from Iran with her family

FRANCE A recent report by the National Alliance on Mental illness declares that the budget for the mental health treatment is now less than most other countries. There is need for laying more stress on the need for proper

SOUTH AFRICA The global community will commemorate World Aids Day on Thursday amid warnings from some South African psychologists that mental illness in HIV-positive people is not getting the attention it deserves.

TAIWAN Cancer Incidence in Patients With Schizophrenia or Bipolar Disorder: A Nationwide Population-Based Study in Taiwan, 1997-2009 Among schizophrenia patients, overall cancer risk varies inversely with age at diagnosis and disease duration. Besides, gender-specific cancer risks differ between schizophrenia and bipolar disorder.

TAIWAN People with mental disorders face barriers to employment To increase the employment rate among individuals with mental illnesses, the Mental Health Association in Taiwan issued a brochure detailing mental illnesses Tuesday, allowing potential employers to learn more about such individuals. ...

ZIMBABWE The government has launched guidelines and treatment protocols for the management of common mental disorders in primary care. Health and Child Welfare.

WORLDWIDE City living makes you fat, infertile, blind & depressed. Urban living is associated with higher risk of chronic health disorders, such as mental illness, immune diseases, arthritis, heart disease, cancer and fertility problems. In 1900, only 14 per cent of the world's population were city-dwellers. **TODAY'S**

HUMOUR

from Sandra Turner

An elderly man lay dying in his bed.

While suffering the agonies of impending death, he suddenly smelled the aroma of his favourite biscuits wafting up the stairs.

He gathered his remaining strength, and lifted himself from the bed.

Leaning on the wall, he slowly made his way out of the bedroom, and with even greater effort, gripping the railing with both hands, he crawled downstairs.

With laboured breath, he leaned against the door-frame, gazing into the kitchen.

Were it not for death's agony, he would have thought himself already in Heaven, for there, spread out upon waxed paper on the kitchen table were literally hundreds of his favourite biscuits, freshly baked.

Was it Heaven? Or was it one final act of love from his devoted Aussie wife of sixty years, seeing to it that he left this world a happy man?

Mustering one great final effort, he threw himself towards the table, landing on his knees in crumpled posture.

His aged and withered hand trembled towards a biscuit at the edge of the table, when it was suddenly smacked by his wife with a spatula

" Bugger off!" she said, " They're for the funeral..."

A DAY IN THE LIFE of Juliette Bowden

Wednesday 11th March 2009

*I'm sitting in the gardens at the Grim's Dyke hotel.
I'm trying to fill my lungs with air that can cleanse my body and mind.
Is it working?*

*As I look around my attention is captured by a bush.
The lower part is shaped like a semi-circle. It is dark green with a lime green strip on the front. On the top of the semi – circle on the right side there is a lime green bush. Its' shape is like the top half of an egg. On the left side there's a dark indentation.*

*What does it all look like and what does it mean?
All i can say is that it has the appearance of a duck with its' head burrowed deep within its' back. The dark indentation is obviously an eye.*

I wish I could talk to it. I am sure it would give me some valuable wisdom. It's

actually as if it is showing me how to protect myself from harm. To hibernate until the pain has gone.

It doesn't feel like it ever will.

The base of the bush and in fact the whole duck is supported by two trunks or are they legs and feet?

What can support me? The model seems so surreal and serene.

Another telling work of nature is around the door which leads into the warmth and smell of freshly ground coffee that is pulling me in.

As I said around the door and to the left is a tangle of branches.

They are tightly knit at the base and scabble for the light in all different ways. They are snaking above the frame all the way up the wall beyond the ground floor ceiling, touching the first floor window above the first floor ceiling up to the floor.

My mind and thoughts are like that – suffocating and strangled at the core, uncontrolled at the tips.

I can't work out how to re-focus. The branches are drawing me in and I am trying to overcome the feelings of desperation.

As I look beyond there are four mountain shaped bushes each one with an elephant's foot at the base facing away from me. Does that mean something?

Am I trying to escape from these desperate feelings?

In fact the bushes are so closely positioned it really looks like four legs from this large focused elephant.

Elephants are strong and sturdy. Am I or can I be?

They have the best memory of all the animals. Is that the connection?

I can remember times and situations of extreme and abject misery. My needs were not met on so many areas.

If I mention them then it is denied. But I do.

In the middle of the square lawn stands a concrete column.

The centre and the top have large wispy fronds of ornamental grass. They

are about a third of a metre high and are moving comically in the breeze. Around the bottom there is a square of heathers which are much lighter than the grass.

I know exactly what this means. I am surrounded by children of my own and those I have taught. The rest represents my ability to conceal my true feelings and hid from the deeper issues that I struggle with.

I can joke and be light-hearted VERY easily with those I don't know too well but feel that if I let them in they won't like what they see and will reject me. Well, that is my interpretation.

I am reminded of the many times when this has happened. I am now not answering calls and hiding myself away.

The rose bushes with their spikey ends are trying to tear all the shit which runs around my head. It needs to be dragged out and faced. Bloody hell. As I look around the colours, shapes and sizes are chasing me and it is too big for me to handle.

The hydrangeas with their large bulbous hats are laughing at me. they are standing in a row waiting for me to trip up. They are supported and shackled to a low level wall and an evenly cut privet hedge.

Help! Help! Help!

If only the duck could calm me.

If only I could face the elephant.

If only I could untangle the wisteria.

If only I could speak to the roses.

Then, and only then, could the hydrangeas become my friends I know their hats will be cut off and once their camouflage has been stripped away they will have to learn to stand on their own and begin the growth for next year

THOUGHT FOR TODAY

From Jeni Lack

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you'll never get back.

WORLDWIDE HELPLINE CONTACT INFO

UNITED KINGDOM

MDF THE BIPOLAR ORGANISATION: [add website address](#)

RECOVERY IN-SIGHT CENTRE: Bipolar support groups in Watford & Stevenage. [01707 284808](#) or [01923 239489](#) The Recovery In-Sight Social Enterprise (RISE) [01923-297122 / 01923-239489](#) or <http://www.recoveryin-sight.com> or contact@recoveryin-sight.com

RISE: [01923-297122 / 01923-239489](#) [add website address](#)

MIND: Info line [0845 766 0163](#) [add website address](#)

RETHINK: [0845 456 0455](#) [add website address](#)

SANE: [0845 767 8000](#) [add website address](#)

SAMARITANS: Helpline: [08457 909090](#) (UK) or [1850 60 90 90](#) (Republic of Ireland) 24/7 [add website address](#)

PAPYRUS: 08000 68 4141 or **01978 367333** Voluntary organisation committed to the prevention of young suicide and the promotion of mental health and wellbeing. **add website address**

CHILDLINE: 0800 1111 Free and confidential, 24-hour helpline for children **add website address**

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 **add website address**

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 **add website address**

BIPOLAR ABERDEEN: 01224 573910 **add website address**

EUROPE

ENUSP: European Network of (ex-) Users and Survivors of Psychiatry **add website address**

MENTAL HEALTH EUROPE: Mental Health Europe currently has about 67 member organisations in 30 European countries and 72 individual members **add website address**

USA

INTERNATIONAL BIPOLAR FOUNDATION – add website address
NAMI 1 (800) 950-NAMI (6264) – add website address

WORLD WIDE

MEETUP.COM - Enter relevant search terms such as bipolar, manic etc. to locate groups in your area – **add website address**

WEBSITE DIRECTORY

Read our deputy editor **BOB HOULSTON'S** comprehensive mental health website at: <http://www.houlston.freeserve.co.uk/zzzz-wr-forward-02.htm>

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Also marketing of FORWARD's Midweek and Weekend editions of its bipolar news, features and information newsletters

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