



Incorporating BI-POLAR NEWS

A FREE & INDEPENDENT WORK IN PROGRESS

Written by people with bipolar for people with bipolar & others...

Issue Number 67

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3,105 WEEKLY

Seasonal Greetings & all the very best for the New Year!!



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Dear Readers,

FORWARD is two-years- old next month. We celebrated our 67th issue over the seasonal holidays.

Looking back at the first issues, there have been some changes in the style and content of FORWARD - we'd like to think for the better.

But let's get back to basics. FORWARD began as a weekly newsletter for the members of the Barnet MDF group in the UK. The idea was to keep everyone who belonged to the group to stay in touch with each other in between meetings, with news and information - and a dash of humour.

It saved the group facilitators from using precious sharing time to make announcements at the start of each meeting.

Its by-word-of-mouth value spread, and our readership grew from 30 people to 100 and then 200 and so on. FORWARD's weekly readership now stands at more than 3,105 - and continues to increase, week-on-week.

Our readers can be found in the USA, Canada, Australia, Ireland and New Zealand as well as right across the UK- the same countries whose scientists collaborate on a regular basis in their search for better medication and a possible cure for everyone who suffers with bipolar.

It's not all been plain sailing by any means. Given that the team of 10 who help to produce and distribute FORWARD are all bipolar it's understandable that we are going to suffer bleak periods when we stop going out, we don't answer the phone, open the mail, even wash and clothe ourselves - that's if we have got the energy to get out of bed.

There have been some bleak periods for some of the team during the past two years, including co-editor Bob Houlston and me. We both withdrew after working too hard. It took two changes of medication and an eight-month depression before I could restart FORWARD again two months ago, with a bigger, stronger team.

FORWARD is a not-for-profit social enterprise. It's innovative achievement in just two years as the world's first free bipolar weekly news letter is all the more an achievement when you appreciate that it grew out of a local MDF bipolar group, who wanted to stay in touch with each other in between meetings.

FORWARD gave the members of the Barnet MDF group the chance of always reading from the same page.

From tiny acorns mighty oaks grow...

*And finally a big thank you to South Staffordshire's **Network News** for the wonderful Christmas tree (reproduced with kind permission) and all the great news stories in their latest issue*

Here's wishing all those near and dear to you, dear readers, have a fabulous holiday, whatever you get up to - and lots of good health and good fortune in the year ahead

Jonathan Ashby

EDITOR

UK NEWS IN BRIEF

WIDESPREAD PREJUDICE AND MISUNDERSTANDING IN THE WORKPLACE is faced by many people with mental health problems, forcing many to hide their illness from employers and colleagues.

The extent of stigma and discrimination is revealed today in a report on employers' attitudes which found that half of business leaders would not hire people with mental health problems because of negative attitudes from co-workers. Four in 10 managers believe it is a "significant risk" to recruit people with mental health conditions to a job dealing with the public or clients, while nearly one in four are unable to name a single mental illness, the Shaw Trust survey of 500 business leaders found. This widespread ignorance exists despite the fact that one in six Britons are suffering from conditions such as depression, bipolar disorder, panic attacks or anxiety at any given time, according to the charity Mind. <http://www.independent.co.uk/life-style/health-and-families/health-news/employers-fail-people-with-mental-health-problems-2164315.html>

COMEDIENNE AND TELEVISION PERSONALITY Ruby Wax's new stage show, *Ruby Wax - Losing It* will come to London for a five-week run at the Menier Chocolate Factory.

The show, which is directed by **Thea Sharrock**, seeks to tackle what Wax calls the "big stigma" around mental illness - which affects one in four of the population at some time in their lives. Having played dates across the UK since April 2010 the show will now run at the Menier for a limited season from 24 February (previews from 15 February) to 19 March 2011. Described in marketing material as a "hilarious and sometimes dark" show, Wax has collaborated with Welsh singer-songwriter **Judith Owen**, who has herself battled with depression, to write music and lyrics to accompany Wax's material. Wax promises to

use the play with songs to critique what she refers to as the toxins of our time: "envy, fame, television, the insatiable drive to win, getting rich, getting the perfect body, marriage, kids, career and, above all, staying busy while looking like you're having a nice day," all in the comedienne's distinctively sharp style.

<http://www.whatsonstage.com/news/theatre/london/E8831292599816/Ruby+Wax+Brings+Losing+It+Show+to+Menier+in+Feb.html>

THE UK's NATIONAL HEALTH SERVICE which decided to axe the city of Preston's mental health unit has shelled out almost £500,000/\$750,000 in consultancy fees to a firm run by the chairman of a Lancashire Primary Care Trust.

It has been revealed that Lancashire Care NHS Foundation Trust, which runs mental health services in the area, has paid £477,344 in consultancy fees since September 2004 to Bingley Consulting Ltd, which is jointly owned by William Bingley and his wife Helen. Mr. Bingley is the chairman of NHS North Lancashire Primary Care Trust and receives a salary of £40,000 a year for his three-days-a-week job with the PCT. He denies that the consultancy payments create any conflict of interest. More at:

http://www.lep.co.uk/community/local_services_2_1889/health-care-services/health_boss_in_477k_fees_deal_1_2869478

THE UK'S HEALTH MINISTER Edwina Hart has welcomed Royal Approval of the Mental Health (Wales) Measure by HM The Queen through Privy Council.

This was the final stage of the Measure's journey to becoming law. The Health Minister said: "The Welsh Assembly Government is delighted that this Measure has now become law. From the start of

this process, the Measure has received widespread support from all parties within the National Assembly and from our partners and stakeholders outside." The Mental Health (Wales) Measure introduces new legislative arrangements in a number of areas. It places statutory duties on Health Boards and Local Authorities to establish and deliver local primary mental health support services across Wales. It requires mental health service providers to ensure that all individuals in secondary mental health services have a care coordinator and a care and treatment plan; the Measure also requires secondary mental health services to have in place arrangements to ensure the provision of timely access to assessment for previous service users; and finally, the Measure introduces provisions which will expand the independent mental health advocacy scheme so that all inpatients in hospital in Wales will be able to access this form of support if they so wish. More at: <http://www.egovmonitor.com/node/39963>

A SERVICE which provides mental health support for older people in Whitby has been recognised as an area of excellent clinical practice.

The services provided by Tees, Esk and Wear Valleys NHS Foundation Trust have achieved the 4-star Excellence in Practice Scheme (EPAS) award from the University of Teesside. Jan MacLauchlan, assistant general manager for older peoples' services, who led the team, said: "This has been an exciting opportunity for us to work with our service users, incorporating their thoughts and experiences of using our current inpatient environment, to improve the experience for future patients." More at:

http://www.whitbygazette.co.uk/news/excellent_mental_health_team_recognised_1_2874058

SCOTLAND - A Gaelic television and radio presenter aims to become the first person to row solo from New York to Stornoway on the Isle

of Lewis.

Niall Iain Macdonald rowed from Lewis, across the Minch, to Ullapool on the Scottish mainland in 2008. He plans to set out from New York in May 2011 and reach his home town at the beginning of September. If successful, Mr Macdonald would be the first person to use Stornoway as a destination for the Atlantic crossing. Celtic rock band Runrig are promoting his venture which will raise money for the Scottish Association for Mental Health. Mr Macdonald, who has faced personal mental health problems in the past, said: "The two years before the Minch row were the darkest and toughest of my life." More at: <http://www.bbc.co.uk/news/uk-scotland-highlands-islands-12049464>

IN THE UK, 14% of middle managers have been signed off sick this month, with stress - compared to just 7% of their bosses.

And it seems the pressure is manifesting itself in plenty of other unpleasant ways at that mid-level. Mental health charity Mind found that 16% of middle managers have called in sick thanks to stress, 29% have lost their tempers with colleagues, and 25% have even cried at work. So is this evidence that managers at that level simply can't cut it? Or is there something unique to their role that makes their life such a pressure-cooker? Clearly it can't be any fun being the meat in a management sandwich, lying between thick slices of troublesome problems both above and below. But there are other issues. One of the key triggers of stress is the British culture of long working hours. Mind's report found that managers do almost twice as much unpaid overtime as their junior counterparts (42% to 24%), with one in 20 doing more than 20 hours a week. That'd drive even the hardest of bosses to tears. More at: <http://www.managementtoday.co.uk/news/1047328/stress-hits-middle-managers-hardest/>

THE FAMILY of Olaseni Lewis have launched a campaign website in a bid to uncover the truth surrounding the death the Masters student who died just hours after being admitted to a psychiatric ward in South London.

Seni's family and friends are determined to ensure that all the circumstances surrounding his tragic death are brought under proper scrutiny so that they can obtain the answers that they need from those responsible for this incident. The Justice For Seni website details the facts of this tragic case as well as updates on the progress the family are making through their campaign to uncover the truth surrounding his death. 'He was a vulnerable young man in a vulnerable state, voluntarily entering a psychiatric hospital for observation and I left him there with them and that was my mistake,' Olaseni's mother, Bola Lewis told the BBC soon after the incident. More at: http://www.blackmentalhealth.org.uk/index.php?option=com_content&task=view&id=889&Itemid=117

A MENTAL HEALTH NURSE who manages a budget of £2 million/£3 million has been chosen to appear on a new NHS Careers website to inspire others to join the nursing profession.

The story of Christopher Dzikiti's work as a matron at Tower Hamlets Centre for Mental Health in Mile End, London features on the Nursing Careers website which is designed to promote the wide range of nursing careers available, challenge people's misconceptions and encourage them to consider a career in nursing. Mr. Dzikiti was inspired to move from his job in banking by his cousin's enthusiasm for nursing. The 32-year-old studied part time for a nursing degree before taking a masters and spent a year as a unit manager in a private hospital where he learnt about financial management before he moved to his current job. He said: "Nursing has given me the opportunity to be kind to others and ninety-nine times out of a hundred, my kindness and care

has been rewarded with gratitude and kindness returned by the patients I look after. More at:

http://www.eastlondonadvertiser.co.uk/news/east_end_nurse_helps_front_recruitment_campaign_1_758199

USA NEWS IN BRIEF

RICHMOND - Local mental health centers would receive about \$11.4 million more to help people with behavioral health crisis situations in Gov. Bob McDonnell's new budget.

The governor also asked the General Assembly on Friday to provide about \$2 million/£1.4 million to keep a 20-bed geriatric unit at the Southwest Virginia Mental Health Center in Marion open. Other health care highlights of the governor's budget include about \$75 million/£50 million in additional spending for the state's share of Medicaid by June of 2012. It's an amount that would have been much higher if not for Congress approving a six-month extension of federal matching funds for Medicaid. Medicaid covers health care for low-income families with children, the needy, the blind and disabled.

<http://www.wric.com/Global/story.asp?S=13702347>

CONNECTICUT - The Connecticut Center for Effective Practice, an organization that promotes and disseminates best practices in children's mental health, was recently awarded the 2010 Science and Service Award from the Substance Abuse and Mental Health Services Administration.

SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. The non-monetary Science and Service Award recognises "exemplary implementation of evidence-based interventions that have been shown to prevent and/or treat mental illness and substance abuse." CCEP is

one of only 28 winners nationwide and 3 named in Connecticut. More at:

<http://www.courant.com/community/hc-community-articles/results,0,5942637,results.formprofile?Query=39834HC>

DOESN'T IT FEEL GOOD to get validation? This month, meditation has been getting some deserved attention. On CNN "The Chart" on December 6th, "[Mindfulness as good as antidepressant drugs](#)" reported on the meditation practice of training the mind to stay in the present moment.

The results of the study showed that the meditators fared as well as those on medication in preventing a relapse of depression. Click on the above link to read more. Journalist Susan Scott Morales who has been blogging about the benefits of meditation since last January and, although her experiences are anecdotal, she believes they are further evidence that meditation has a positive impact on our mental health. Check out the [index](#) of her blogs and select any of the posts on all the benefits of meditating. In the study, one group of participants, all patients with a history of depression, meditated for 40 minutes a day. The length of time might be seen as an obstacle for some. But perhaps a minor one compared to the possible draw backs, including side effects, of medication. Having worked with depressed clients for over twenty years and seen the benefits of meditation, the study is very exciting news. More at: <http://www.annarbor.com/health/study-highlights-meditation-benefits-for-mental-health/>

IOWA - Building Direction for Families in Independence is announcing upcoming trainings in Mental Health First Aid for the area.

"The goal of Mental Health First Aid is to increase mental health literacy. The evidence behind the program demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy-helping participants identify, understand and respond to signs of mental illness," said Nikki Smurthwaite, Community Liaison with Building Direction for Families. According to Smurthwaite,

Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis.

http://communitynewspapergroup.com/articles/2010/12/19/oelwein_daily_register/news/doc4d0b89f8d12b4604810295.txt

PROVIDENCE, R.I. - Rep. Patrick J. Kennedy, leaving Congress after eight terms representing Rhode Island, says he wants to launch "The Next Frontier" in mental health treatment.

Kennedy, who chose not to run for re-election in 2010, admits to some uncertainty about what lies ahead for a man raised in the nation's most celebrated political family. He says he will take a public role on his signature issue of mental health, urging a national effort on treatment and understanding in the same way his uncle, President John F.

Kennedy, once called for a national goal of putting men on the moon as part of his "New Frontier." More at:

http://www.upi.com/Top_News/US/2010/12/19/Kennedy-to-tackle-mental-health-issues/UPI-26911292791857/

STONY BROOK, N.Y. Rushing a student to a psychiatric emergency room is never routine, but when Stony Brook University logged three trips in three days, it did not surprise Jenny Hwang, the director of counseling.

It was deep into the fall semester, a time of mounting stress with finals looming and the holiday break not far off, an anxiety all of its own. On a Thursday afternoon, a freshman who had been scraping bottom academically posted thoughts about suicide on Facebook. If I were gone, he wrote, would anybody notice? An alarmed student told staff members in the dorm, who called Dr. Hwang after hours, who contacted the campus police. Officers escorted the student to the county psychiatric hospital. There were two more runs over that weekend, including one late Saturday night when a student grew concerned that a friend with a prescription for Xanax, the anti-anxiety drug, had swallowed a fistful. On Sunday, a supervisor of residence

halls, Gina Vanacore, sent a BlackBerry update to Dr. Hwang, who has championed programs to train students and staff members to intervene to prevent suicide. Demand for counseling at the Student Health Center at Stony Brook University has increased — 1,311 students began treatment in the past academic year, 21 percent more than a year earlier. But the budget has been cut. Stony Brook is typical of American colleges and universities these days, where national surveys show that nearly half of the students who visit counseling centers are coping with serious mental illness, more than double the rate a decade ago. More at:

<http://www.nytimes.com/2010/12/20/health/20campus.html?partner=rss&emc=rss>

ATLANTA - Gov. Sonny Perdue will visit the Carter Center to celebrate a mental health agreement recently signed by Georgia and the U.S. Department of Justice. Perdue is scheduled to appear at 3:45 p.m. Tuesday at the center founded by former President Jimmy Carter, a Georgia native.

Under the new deal reached with the federal government in October, the state is overhauling and expanding its mental health system. The Carter Center is active in promoting mental health awareness under a program founded by former First Lady Rosalynn Carter.

http://www.necn.com/12/21/10/Perdue-to-mark-mental-health-agreement-w/landing_health.html?&blockID=3&apID=fd755e94e6be4f8190112c1dc1dcbcbf4a6

ART SCHOOLS, like all other colleges, strive to put their best foot forward when appealing to prospective students and their parents: These are our art studios; this is our distinguished faculty; have a look at our art library.

However, considering the fact that a sizeable number of students at art schools and other colleges come in for mental health therapy in the

course of given year -- 10 percent of the student body at the Rhode Island School of Design, 25 percent at the Maryland Institute College of Art, 30 percent at the Savannah College of Art and Design -- perhaps the school's counseling center should be a stop on the tour. More at: http://www.huffingtonpost.com/daniel-grant/art-schools-add-mental-he_b_799319.html

ASTORIA, OR - Clatsop County's Behavioral Health Center was one of 27 businesses destroyed by suspicious fires on the waterfront last week.

While investigators search to find out what caused two huge fires in Astoria, Nancy Karacand is grieving. She's scrambling to help one industry crippled in the fire. "It's a personal loss to us," the social worker said. "To know that three quarters of our mental health providers were in that building. That's where they did their work, now these folks are in crisis." More at:

<http://www.kgw.com/news/local/Mental-Health-Community-Crippled-By-Astoria-Fires-112219959.html>

SAN ANTONIO -When 31-year old Tavan Cullum went on his suicidal ride, Chief Bill McManus says only one of the responding officers had received training for crisis intervention. Cullum would end up dead, shot after pointing his gun at officers. That incident is still under investigation, but if McManus has his way, every patrol officer will be equipped to handle mental health issues. McManus says, "You don't want to ramp it up. You don't want to escalate it. You want to diffuse it. Keep it calm, so they can be helped." To the gun, taser, and handcuffs, add active listening skills to the tool belt of police dealing with suspects. Officers will have to take a 40-hour, interactive class to become certified in crisis intervention. More at:

<http://www.kens5.com/home/McManus-orders-mandatory-mental-health-crisis-training-for-patrol-officers-112212114.html>

UNION CITY and the North Hudson Community Action Corporation unveiled at a press conference their federally-funded plan to combat recession-driven behavioral health problems for as many as 13,000 Union City residents.

Union City is one of three cities nationally to receive the Resilience and Recovery Initiative grant furnished by the Substance Abuse and Mental Health Services Administration. NHCAC, selected as lead provider by the city, will receive \$5 million /£3.4 million over the course of four years. NHCAC is a regional agency that serves Union City, West New York, Secaucus, North Bergen, and several other towns in the area, but so far, this particular program will only be available for Union City residents. Read more:

http://www.hudsonreporter.com/view/full_stories_home/10706337/article-Is-the-recession-depressing-you---UC-receives--5M-federal-mental-health-grant-?instance=union%20city_story_left_column

WORLDWIDE NEWS IN BRIEF

AUSTRALIA - Monsignor David Cappo has been handed responsibility for overhauling Australia's mental health policy and says authorities are "wasting our time" unless more money is pumped into the sector.

Monsignor Cappo has been appointed to the National Advisory Council on Mental Health after former chairman John Mendoza quit in protest in June. Professor Mendoza wrote to the Federal Government led by then-Prime Minister Kevin Rudd accusing it of lacking "vision or commitment" to reform. Monsignor Cappo, South Australia's Social Inclusion Commissioner, yesterday told The Advertiser there were now "big votes in mental health" and the public was demanding action from its elected officials. More at:

<http://www.adelaidenow.com.au/news/mental-health-money-plea/story-fn6bqphm-1225973577991>

AUSTRALIA - Being part of many different social groups can improve mental health, according to a study.

The research, which was carried out by the University of Queensland, also found that it can help people cope with stressful events and lead to better physical health. Belonging to groups such as clubs and sports teams, and having a network of different friends is helpful because they provide support and help you feel good about yourself. The researchers wanted to find out how group memberships may give people the resilience to cope with novel and aversive challenges. Group memberships are an important resource. The identity that we gain from our group memberships helps us to develop a sense of belonging, purpose, and meaning. This gives us the psychological strength to endure and recover physical challenges. More at:

<http://www.craegmoor.co.uk/industry-news/article/800296100/mental-health-improved-by-social-groups-study-finds/>

CANADA - Groundbreaking research by a University of Alberta neuroscientist holds the promise of new treatment for anxiety disorders, Canada's most common mental health problem.

The research published in The Journal of Neuroscience pinpoints a previously undiscovered mechanism in the brain that controls anxiety. That mechanism affects neurons in the pea-sized part of the brain that assesses risk and reward, making those neurons more or less excitable and therefore more or less likely to send out anxious messages. Read more:

<http://www.montrealgazette.com/health/University+Alberta+scientist+pinpoints+anxiety+trigger/3999473/story.html#ixzz18ZtGqDsM>

IRAQ - Dr Hassan, one of an estimated 70 specialists trained in psychiatry nationwide, says the mental health landscape in Iraq is far worse than when he left.

The doctor, who fled his job at a central Baghdad hospital two years ago after gunmen threatened to kill him and his family, said psychiatry was an underdeveloped arm of a neglected health system throughout the Saddam years and is even less of a priority now - at a time when it is needed even more. "The collective trauma of Iraq and Iraqis was suppressed throughout almost 40 years of Saddam's rule," Hassan said, refusing to provide his full name because he feared retribution. "But during the last five years of war, it has taken on a whole different impetus. More at: <http://www.guardian.co.uk/world/2008/dec/23/iraq-mental-health-war?INTCMP=SRCH>

IRELAND - A new report into the admission of children into adult mental health units has found that in some cases, these children do not even have a mental health problem and would be more appropriately dealt with by social services.

According to the report, which was carried out on behalf of the Mental Health Commission, like many nations, Irish child and adolescent mental health services have 'lagged behind provision for adults...with little in the way of strategic planning until recently'. In the first six months of this year alone, 91 young people under the age of 18 were admitted to 'adult approved centres, including 11 aged 15 and under. More at: <http://www.irishhealth.com/article.html?id=18392>

NEW ZEALAND - "Everyone can play a role in identifying and responding to people at risk of suicide," says Judi Clements, Chief Executive of the Mental Health Foundation.

Responding to the release of the Ministry of Health's Suicide Facts for 2008, Suicide Prevention Information New Zealand, which is a part of the Mental Health Foundation, is highlighting the services, programmes and resources available to support those at risk of suicide, their families and friends and those working in primary care and mental health services. "It is good to see the suicide rates for the whole population and, in particular, Maori and young men are trending down,"

says Merryyn Statham, Director of SPINZ. "But of concern, is the increase in rates for young women aged 15-24 years, the highest since 1999 at 11.1 deaths per 100,000 population." More at:

<http://www.voxy.co.nz/health/responding-people-risk-suicide-crucial-says-mental-health-foundation/5/76583>

NIGERIA - A large queue forms outside the new psychiatric clinic run by Dr Mary Grace Lanyero.

Opened on 24 July 2009, it is set to become one of the busiest clinics at St Joseph's Hospital in Kitgum, northern Uganda. "Mental illness is rapidly on the increase post-conflict, and we are still waiting for the peak," says Lanyero. "During the war, people developed a resilience. They were able to share their problems. But since peace has been established and they have been encouraged to leave the IDP camps and go back to their villages, people are starting to break down." A significant number of her patients are single mothers who have returned from captivity. "They are suffering from depression and anxiety and having nightmares related to the war. Many of them also try to commit suicide." More at:

<http://www.guardian.co.uk/journalismcompetition/professional-mental-health?INTCMP=SRCH>

UNITED ARAB EMIRATES - Physicians must be trained to diagnose patients at the primary care level, doctor says.

The number of people with mental health issues and depression is increasing and doctors need to be trained to spot such patients, a senior health official says. She said these patients come to the primary health centres with different symptoms each time and doctors need to know what signs to look for in order to identify mental problems. Dr Mona Al Kuwari, director of primary health care at the Ministry of Health, said the reason for the growing numbers is everyday stress, lack of sleep or drug abuse. They need to be treated

at the centre itself instead of being sent to tertiary centres. More at: http://ae.zawya.com/Story.cfm/sidGN_18122010_191227/Mental%20illness%20is%20on%20the%20rise%20in%20UAE

MENTAL HEALTH CONCERN

The World Health Organisation has affirmed that by the year 2020, mental illness will be one of the leading causes of death and disability worldwide.

2010 A TOUGH YEAR FOR WHISTLEBLOWERS by Ben Goldacre

IT'S BEEN A MARVELLOUS YEAR for bullshit and pseudoscience. We saw quantitative evidence showing that drug adverts aimed at doctors are routinely factually inaccurate, while pharmaceutical company ghostwriters were the secret hands behind letters to the Times, and a whole series of academic papers.

We saw more drug companies and even regulators withholding evidence from doctors and patients that a drug was dangerous - the most important and neglected ethical issue in modern medicine — and that whistleblowers have a rubbish life.

Bias is everywhere. Academic papers from people who get money from tobacco companies are vastly more likely to say that cigarettes prevent Alzheimer's, and we saw the first good quantitative evidence describing how academics routinely mislead readers about their negative results in academic papers, by spinning them as positive.

Dodgy facts aren't the only reason clever people believe stupid things, as demonstrated by a gale of research on irrationality. Superstitious rituals really do improve performance.

What women musicians wear affects listeners' assessment of their skill. Antibiotics don't work for a sore throat, but if you're prescribed them, you come away thinking they do. You can find mysterious alien patterns in ancient sites on a map of the UK, but you can find similar patterns in the locations of former Woolworths stores.

More chillingly, if a piece of information which reinforced your prejudices is corrected, this only reinforces your prejudices; and we think crimes are less serious, when they have more victims.

Newspapers continued to bravely make false claims about the efficacy of fish oils despite the negative trial data. There was the usual round of "Facebook spreads syphilis" that is barely worth still documenting, though the Sunday Times distortion of figures to claim the public sector pays more for the same job was particularly elaborate.

Many more misleading news stories torpedo themselves with a caveat hidden in paragraph 19, so we reviewed the evidence showing how few people ever read that far.

The PR community delivered some traditional joy. Rentokil produced a dodgy story on "2,000 bugs in every train compartment" which turned out to be based on some foolish figures about an absurd imaginary idealised insect-breeding train compartment, which still helped build sales.

Stonewall's dodgy survey on coming-out ages contained a mathematical quirk and really only found that on average, as people get older, they get older; and EDF's dodgy survey found that if you first scare people with threats of unemployment then they will say yes to the offer of a local nuclear power station.

Where science meets culture, we found the weirdly inverted solipsism of brain-imaging stories that claim pain is only real if you can see it in

blood flow changes; while researchers claimed that attention deficit hyperactivity disorder is caused by genes, and that knowing this will reduce stigma, when the evidence overwhelmingly shows (to my surprise as much as yours) that believing a mental health problem has a biological cause increases stigma.

Evidence-based policy remains a distant dream. We saw politicians incompetently failing to produce evidence on whether their policy of compulsory drug treatment orders worked, and sacking David Nutt as chairman of the Advisory Council on the Misuse of Drugs when the evidence was available but the results unwelcome.

There were dodgy government figures on how many children were "saved from abuse" by some new rules, while the London mayor, Boris Johnson, announced that instead of a simple, well-conducted randomised trial to find out which of two teaching methods is best, he would answer the question with a public competition between schools that choose each method.

If you need an explanation of why that is dumb, you could work in government. Meanwhile we saw an election where data could truly inform voting decisions, although everyone changed their policies once they got in power.

Attacks on the National Institute for Health and Clinical Excellence continued, because it dares to make difficult decisions. David Cameron claimed they rejected a drug which they didn't; the Mail claimed Nice rejected 15 drugs, when 10 on their list were approved; and everyone used dodgy miracle cure anecdotes on a costly cancer drug that really isn't all that.

When NICE is neutered, resources will go to those who shout loudest in local newspapers: enjoy that.

Andrew Wakefield, the doctor at the centre of the MMR vaccine scare, was found to have behaved dishonestly and unethically. Science was messy, but pointing out flaws remains a risky enterprise.

We saw the reputation car crash of chiropractors who unsuccessfully sued Dr Simon Singh over a newspaper article in which he suggested they lacked evidence to support their medical claims.

Then there was the dodgy website of the medical device firm NMT, who have chased a NHS cardiologist Peter Wilmshurst through the courts for daring to make comments about their clinical trial.

Idiot-taxing cosmetics firm Rodial made legal threats against a doctor who dared to say that their breast enlargement cream was highly unlikely to work, and I was incompetently libeled, in a blast from the past, by Gillian McKeith, or to give her full medical title, Gillian McKeith.

Finally, legendary moron-baiter Martin Gardner died aged 95. He wrote a book about pseudoscience like mine, but his was published 60 years ago: nothing has changed. See you next year.

<http://www.guardian.co.uk/commentisfree/2010/dec/17/bad-science-review-of-the-year>

THE DOCTORS DIDN'T BELIEVE ME by Marcia Purse

AS A CHILD with bipolar symptoms in the early 1960s, she was told by one doctor that she just "needed to grow up." As an adult, she suspected she had bipolar disorder. She researched the symptoms, and they fit. Yet doctor after doctor failed to diagnose her.

What symptoms did you have before you were diagnosed?

Spending, racing thoughts, not needing sleep, hypergraphia (pressured

writing - copying pages and pages of the Bible), talking loudly and endlessly, thinking I had all the answers, having ideas about all kinds of activities I could do, not listening, trying to be the life of the party and laughing a lot.

What events led to your being diagnosed bipolar?

I'm sure that I had Bipolar Disorder as a child (1960-ish). One doctor I saw said I needed to grow up. I tried to kill myself twice because I was so depressed. I did research about my symptoms. This was before the internet. I spent many times in the library. I even suggested to my doctors that I thought I could have manic depression. During one of my hospitalizations my discharge papers said depression only. I felt like I had to beg for information. I knew I needed help but it seemed that doctors didn't know about the signs of Bipolar Disorder. Finally, in 1992 I was diagnosed after I was hospitalized with a raging bipolar mania incident.

Lessons Learned

I knew I needed help I just didn't get taken seriously. I should have insisted that my husband help me deal with the doctors. Unfortunately at the time he thought I was a bitch. He's totally supportive now that he knows I have a chemical imbalance.

What Is Your Current Diagnosis?

Bipolar II Disorder

Do You Agree With the Diagnosis? Why or Why Not?

I feel that this diagnosis is correct.

Additional Thoughts

After many doctors, therapy, and meds I have been stabilized since 2003. I see my psychiatrist every 3 months.

<http://bipolar.about.com/b/2010/12/18/the-doctors-didnt-believe-me.htm?nl=1>

KERI'S RANDOM MUMBLINGS

OVER THE LAST FEW MONTHS, it's struck home about the language used within mental health services.

I wonder if the gaps in awareness of how we use language causes real problems between people accessing services and the providers of those services. Here's some examples:

Accessing services: This means to make use of a service, it may be you go there (like a Day Opportunity/Drop In) or they come to you (e.g. Community Mental Health Nurse).

Maintaining Mental Wellness: Someone I speak to has just started a wellness course, she was asked "what do you do to maintain your mental health?" At the time, she couldn't think of anything she did. But while we chatted she realised she lived through a survival handbook of things she did, including checking shops aren't too busy before loading up on the shopping (in case she had to make a quick exit), using a card system to order her medication from the pharmacist, coming to the drop in service, seeing friends and keeping in touch with family.

Needs: People accessing services are often asked about what *needs* they have or if their *needs* are being met. If you're accessing a service, it is often to meet needs, or reasons to go. The list is endless, but could include things like:

Making new friends,

Finding out more about keeping yourself well

Keep busy and active

Find about other things out there I might like'

Independent: Being independent means to be able to make decisions about your own life, services and care. Staffordshire County Council see it as 'Living your life, your way'. Have a think to yourself—has any one providing a service made decisions on your behalf? Perhaps Day Opportunity staff arranging activities, GPs prescribing medication and dosage, how much say do we want to have in such things?

Recovery: Recovery doesn't always mean a complete recovery, as with a broken bone. For some people recovery means maintaining and staying in control of their mental wellness, despite having a mental health problem.

Social Inclusion: There is a perception that people with experience of mental illness only access mental health services and would not choose to access other groups available in the community. This is often linked with stigma and fears about not being understood. Social Inclusion refers to the idea that people with mental health problems can, and often do, access other groups and services. This should be encouraged to help to break down stigma and fear and to make sure people make the most of their opportunities.

[From the South Staffordshire Network News](#)

TODAY'S HUMOUR from Sandra Turner

AN OLD COUNTY DOCTOR went way out to the boondocks to deliver a baby.

It was so far out that there was no electricity. When the doctor arrived, no one was home except for the labouring mother and her five-year-old child.

The doctor instructed the child to hold a lantern high so he could see while he helped the woman deliver the baby. The child did so, the mother pushed, and after a little while, the doctor lifted the new born baby by the feet and spanked him on the bottom to get him to take his first breath.

"Hit him again," the child said. "He shouldn't have crawled up there in the first place!!"

POETRY by Angela D. Vickers.

'Twas right before Christmas
And through many a house
Money woes had a stronghold,
Gone was internet & wireless mouse.
Could stockings be hung?
What happened to our wealth?
Get to work? To save money?
The solution? MENTAL HEALTH.

Jails & prisons cost a fortune.
Divorces and AA meetings abound.
Misconceptions about "thoughts, feelings, and behaviors,"
Despite transforming science, are still found.
Surgeon General's & Freedom Commission reports
That "Peer- led, family- driven" mantra - since 2003
Gave peers hope of justice.
Are they now just history?
Where's the DATA on mental illness? [On Section 504 kids needing help?]
Without proof in numbers, things don't change.

Those US soldier suicides should have been prevented.
Will their families ever be the same?
25 years with Oprah, still psychiatric education is still lacking.
Peer recovery stories trickle out,
But the needed tsunami of healthcare reform for transformation &
prevention
With vultures watching, is in doubt.
Thank you, SAMHSA, for "What a difference a friend makes ."
To end prejudice in young and old.

Criminal justice, faith, and children's efforts
Strive for weak to be strong, poor to be rich, and peers to be bold.
"Although the wrong seems often so strong,"
Webinars, emails, and social networking,
NAMI, MHA, DBSA, Faithnet, P&A's , and Justice Center,
Exponentially spread TRUTH by forces connecting.
Powers of darkness will not put out our light.

Brains can get sick when genetics are triggered by stress!!!!
Ridicule, punishing, & discrimination [= civil rights violations]
Waste money, prevent recovery, & too often lead to suicides - not
wealth & success.
Walking the valleys of ignorance,
Peers can now hold heads high.
Power, courage, and strength through humble prayers
Will heal our land and symptoms, so thousands will not die.

Hold fast to the hope for fairness,
For global MH education, advocacy, and civil rights,
For the legal professionals are coming
Like that candle in those sleepless nights.
My Santa's list seems simple.
Faith, judicial, and student education.

To humbly turn from wickedness to heal our nation.
Ending stigma of darkness sent discrimination.

The National Day of prayer for Mental Illness Recovery &
Understanding

An act of truth and love, [Tuesday of Mental Illness Awareness Week -
1st week in October] Linked the hearts of faith
By seeking help from above.

FPIC, FL AC, NAMI FL, and others

Work for justice reform through judicial education.
Keep ill brothers, parents, and children
Free from wrongful incarceration.

A Florida law for student mental illness education
Has been that candle of light.....

P & A's protection of this flicker for justice [Protection & Advocacy -
federal helpers]

Will surely not go out in the darkness of night.

So as you celebrate these holy days

Snuggling with children with their faces of glee

Remember the rights violations in mental health

And may you "live to make men free."

A DAY IN THE LIFE of JULIETTE BOWDEN

Saturday 13/02/10

The date's a bit odd....3 -2 - 1.

I'm on a beach in The Gambia.

The weather is fabulous.

As I sit on the lounge a coffee has been brought. It's all very civilised. Earlier on I finished 'Manic' by Terri Cheney. I really enjoyed it.

The sun has disappeared behind a tree but I think it will re-appear. So much has happened recently.

My plaster came off and physio has begun.

I seem to have written the same thing twice. So I don't know what I have and haven't put down. There's so much to write.

I'm pleased that Sasha has made the decision to continue with the pregnancy. Paul has begun to get his head around it.

He had met up with Sasha and had said that he would support her if she decided not to continue with the pregnancy.

That was on the Sunday. On the Wednesday Sasha had gone out with a friend. Paul knocked at 10.30 thinking that Sasha would open the door and throw him out. Oh dear! He got a shock when it was me.

I invited him in and offered him a coffee. Bless him he had two large red circles on his cheeks.

Keith joined us in the kitchen. I had a coffee too - not that I wanted one.

Anyway he was so nervous and he said that he would understand if we were angry with him. He said that he feels terrible and wondered if we had heard about his recent conversation with Sasha.

He said he'd only been able to see difficulties and that when he spoke to Sasha she had come up with solutions. He thanked us for letting him in. Keith shook his hand and stroked his arm. I gave him a hug. We both told him that we thought he was brave to come round. We told him that we weren't worried about the financial side and as far as we were

concerned we were more aware that Sasha would need emotional and physical support.

I was pleased that he had come. We realised that it must have been so difficult.

We told him not to worry and that we thought he would make a great dad.

I told him that there was a bed for him if he decides to stay after the baby's born.

He thanked us.

When Sasha came home Paul apologised and told her that he wanted to be there for them both. He had been thinking about moving in with us a few nights a week. We told them that he could move in whenever he wants and for as long as he wants.

I stressed that it was important to be completely honest with each other.

Paul said that he wants to go to all the scans and hospital appointments.

I have, unsurprisingly, become so protective of Sasha. I try to have meals that are nutritious and appetising - that sounds like I don't normally!

GOD'S DANDRUFF DOES IT AGAIN!

BY NEIL WATSON

Well wouldn't you know it, six inches of snow and England is shut for business - **AGAIN!!!** Siberia, on the other hand, is wondering what all the fuss is about.

You would have thought by now that the English traveller might know that we are total crap when it comes to dealing with the winter weather. Jesus! The trains come to a grinding halt if the 'wrong type of leaves' fall on the tracks!

Now, we've got to listen to the whole back catalogue of the media's stock phrases, and the idiot's complaints, who thought they could make an exit from this country with their eight children in December. And my favourite one is, "There's no information." You knew last year you sappy great dollop!

I feel that what it really boils down to is this. "I've spent a lot of money on my holiday and I want what I paid for, why isn't anyone listening to me?"

Hang on a minute, I, I, my, my, me, me? When you've finished throwing the toys out of your Silver Cross pram - Balmoral edition, £1,100/US\$1,650 - - have you ever stopped to consider that you and your entire family might die in a plane crash in this weather! You selfish, selfish person who, may or may not, have been born out of wedlock!

On the upside, we now have a new winter Olympic event. The respective teams turn up at Heathrow, and see how long it takes to get home. I don't fancy our chances much!

Merry Happy Jingle Balls to all our readers. Have a cool Yule, Neil x

FROM THE FAR SIDE by Spam Van Dam

My wife draped her arm over my shoulder one evening, and then asks if I would buy her something to make her look sexier, so I went out and bought myself 12 cans of Lager!

I have a terrible secret that still comes to haunt from time to time. Once voice says to me, "Hey, who hasn't slept with one of their patients, give yourself a break." And then the other voice ruins it by saying, "Yeah but Dave, you're a vet!"

BOOKS: RECOMMENDED READING

The Prison Teacher

Experiences of A Teacher in a Male Prison

By Kryisia Martin

Description

We see the high walls, and the barred windows, the pictures of the long landings and wings. We see prison officers going into the building and visitors arriving to see their loved ones, but what is it really like inside a prison? What goes on in there?

The stories in this book are about the everyday life of a female prison teacher in a male environment. They tell of lessons that have made a difference, of lessons that have been unsuccessful, of laughter and tears both from the students and the teachers. They tell of the

different values held by the teachers and their students, of the loneliness, despair, violence and fear.

Each story takes a different lesson or event, and relates what happened. Kate, the teacher is passionate about changing the prisoners' outlook, and helping them to become law-abiding citizens, but this is not always what her lessons achieve.

By the end of the book, the reader will have experienced with Kate the frustrations, the joys, the tragedies and the triumphs within a huge, local, male prison.

About the Author

Krycia Martin was born in 1948 and lived in a Polish Resettlement Camp for the first ten years of her life.

Her parents who had been deported from Poland to Siberia and so came to Britain with nothing, insisted that she used education to move out of poverty.

She trained to be a teacher in a Primary School. However, when she started work, and bought a car, she needed extra cash to pay for it. So she began teaching in a prison in the evenings.

After her children were born, she left the school and moved to work in the prison part-time. When her children were old enough, and she looked for permanent work outside, she realised that the education in the Primary Sector had changed and she was most qualified to work in a prison, teaching adults.

It was with her strong belief that education was the key to increasing self confidence, and gaining control over life, poverty and helplessness that she undertook her work. Eventually, she stayed in the prison for thirty seven years.

Book Extract

She managed to park her car in the prison car park. It was full to bursting, so she squeezed herself into a tiny spot, locked away her mobile phone and walked up the wide driveway.

The white prison glowed in the sunlight, with its two flags, the Union Jack and the Prison Service, hanging limply on their poles. It was going to be hot, with no wind to ease the temperature. It was going to be hot in the classroom.

She hoped that no other department had pinched the fan. She passed through the main gate, showed her pass, and picked up her keys almost robotically, her mind elsewhere. The gate officers cracked a joke, and she smiled at them.

Inside, there was a different world. It was darker somehow, in shadow, far away from the heat and bright sunlight outside. She walked up the steps, pushed open the main door, and walked up the white administration corridor.

People were coming in with her. Officers in their smart uniforms were striding briskly to their wings, Governors, "suits", were stopping to chat, as she walked on.

She opened the gate into the Centre, and the four wings spread out before her. It was noisy. She heard the clanging of cell doors as the officers unlocked the prisoners for work.

Men in their grey or maroon uniforms were appearing from their cells, sleepily rubbing their eyes, or moving smartly towards the showers and the hot water. It was noisy.

People were surprised at the noise when they visited, used to television pictures of quiet wings and landings, when prisoners were locked away so that their faces could not be caught on camera. Now, prisoners were shouting to each other, officers were calling out.

Shouts of "Educa..shun", "Let's have you for Educa..shun"..., clanging of doors, keys jangling, gates banging. Not a quiet place, a prison.

She unlocked the gate to the wing, and walked up the landing. The prisoners greeted her cheerfully, "Hullo Miss!", "How are you?" "You look nice." "Gonna be a scorcher". She smiled at them. Despite the surroundings, the noise and the clamour, the prisoners made her work worthwhile.

As she walked up the landing, some came up, asking her questions about the class, or proudly telling her about some achievement - "Miss, I found the name of that ...", "Miss, when am I going to get on classes?" or joking, "Hey Miss, when are we going for that drink?" Education orderlies with their red t-shirts, with EDUCATION SUPPORT printed proudly on their backs, were ushering wayward students towards the gates.

She climbed the stairs towards the Education Department and unlocked the gates. Here there was a brightness and energy. Prisoners' paintings lined the walls.

There was a board displaying poetry and creative writing. Another board showed posters, which told of coming events, courses, helplines, and the Equal Opportunity, Race Relations and Anti-Bullying mission statements.

She turned into the tiny staffroom/office and greeted the other teachers, who were busy preparing their classes, photocopying, looking through books, collecting their registers.

"Good morning, Tuesday gang", she called to the other teachers. She left her things in a locked drawer, picked up her keys and walked up the corridor to her classroom. It was going to be a good day.

She had planned an exciting lesson, trying to enliven a somewhat boring subject - Cashflow Forecast in Starting your own Business. The classroom was sunny. Four big windows with bars, overlooked the exercise yard, and the workshops opposite. She had put up some lively posters displaying her subject.

She had put pretty plants on the window sill, and generally the classroom was welcoming and, apart from the bars, could have been anywhere in a college.

MORE FROM:

http://chipmunkapublishing.co.uk/shop/index.php?main_page=product_info&products_id=1540

What Disturbs our Blood: a son's quest to redeem the past by James Fitzgerald

From Susan Koswan

In Canada, we refer to Tommy Douglas as the "father of medicare," but there were other less well-known health-care champions who also helped to paved the way.

One was Dr. Gerald "Gerry" FitzGerald, born in 1882 in Drayton, a man who "boldly conceived and helped build the modern institutional

infrastructure of Canada's public health system, making and distributing free vaccines, serums and antitoxins to all Canadians."

Connaught Laboratories, which Fitzgerald founded, is synonymous with iconic names such as Frederick Banting and Charles Best (discovery of insulin), Jonas Salk (polio vaccine) and Fitzgerald himself (Canadian production and distribution of diphtheria vaccine).

Fitzgerald's son, Jack, following in his father's impossibly large footsteps, made his mark as the founder of the first allergy clinic in Toronto. But what of their grandson and son, James, the author of this book.

Growing up in the wealthy Forest Hill neighbourhood of Toronto, he attended Upper Canada College, as did his father and grandfather - and outwardly lived a life of privilege. But why, he wondered, did he never hear mention of his grandfather's name or learn of his vast accomplishments . . . or that in 1940 he committed suicide at 57?

What Disturbs Our Blood is a fascinating combination of a detective story, a history of Canadian public and mental health, and a personal healing journey.

The author's family was crippled by silence and denial; the lives and careers of both his father and grandfather followed similar trajectories of over-achievement and debilitating self-loathing, and were tragically destroyed by mental illness.

Treatments, before Sigmund Freud's "talking cure" became more widely accepted, included electroshock and hyper-dosing with insulin to induce comas. James was fortunate to find an effective and compatible lay therapist, (as Freud insisted all practitioners should be, rather than medical doctors to belay his demons and break the family cycle.

This book is a reminder that we continue to stigmatize mental illness and favour resolving its nature/nurture dichotomy pharmacologically. How will we, as a society, deal with the World Health Organization's prediction that by 2020 mental illness will be the second most important cause of disability and mortality worldwide?

RANDOM HOUSE, CANADA, 512 PAGES, \$34.95/£24 HARDCOVER
More at: <http://www.therecord.com/whatson/books/article/302711--detective-work-solves-a-family-s-mental-health-curse>

THOUGHT FOR TODAY

If we look at the world through suspicious or angry eyes, we'll find a world that mirrors our expectations - a world where tension will mount, arguments will abound, strife will be present where none need be.

However, our experiences in some manner bless us, and we'll recognize that if we look upon them with gratitude. Everything in our path is meant for our good and we'll see the good when our hearts act as the eyes for our minds.

When we see with our hearts, our responses to the turmoil around us, the fighting children, the traffic snarls, the angry lovers, will be soft acceptance.

When our hearts guide the action we can accept those things we cannot change, and change those we can. And the heart, as the seat of all wisdom, will always know the difference.

EMAILS TO THE EDITOR

Dear Ed,

May God bless each one of you for your work in the battle to spread truth and end discrimination. And best wishes with your new book project. **Angela D. Vickers JD, Mental Health Advocate & Educator**

Dear Jonathan,

FORWARD 66 - What a great issue! There is SO MUCH I would like to share in our newsletter !! You do such a wonderful job compiling information from all different sources; and you manage to do it every WEEK! You even know news in the US that I don't know. Thanks so much. Have a great holiday and best wishes for a healthy New Year.
Rose Alberghini

Dear Ed,

One of the things we work toward as professionals in Mental Health is helping folks NOT identify themselves as a diagnosis, rather as someone dealing with an illness of some sort. One may be diabetic in terms of having diabetes, though is likely less to hold stigma for oneself or from others, if using the tiny difference of "I'm diabetic" instead of "I'm A diabetic" - with the same holding for mental illnesses
Judith Vos Ferneau, Montana

Dear Jonathan,

I forward Bi-Polar News to about 300 people in the State of Montana, USA. Today I received an observation from a mental health

professional in the State of Montana. Her comment: How about:
"Written by people with bipolar, for people with bipolar, instead of
IDing one's self as a diagnosis - in the heading at the start of each
issue of FORWARD? **Dr. Gary Mihelish, President, NAMI-Helena**

Dear Doctor Mihelish & Judith Vos Ferneau, your wishes are our
command. Check out the new headline statement in this issue. Thanks
for putting us right! Best wishes, Jonathan Ashby,

Hi John

Just finished reading the latest FORWARD mail out. Excellent info
and news as usual. I have a Help page on my new site -
edgarbroughton.com which is a list of online support & advice agencies
I was wondering if I could put your subscriber email address for
anyone who might want to get FORWARD sent to them. All the best to
you and good health. **Rob Broughton**

PUBLIC ANNOUNCEMENTS



Cardiff University

Over 3000 individuals have taken part in our research into mood

disorders. We need to see many more people in order that we can get the best possible understanding of the causes of mood disorders. We are hoping to recruit individuals who have experienced bipolar and would be extremely grateful if you would be kind enough to help with this study.

Our research is to look for genes and other factors which make some people more likely than others to become ill. Our study will improve understanding of mood disorders and help other workers find better treatments in the future.

If you agree to take part, a member of our research team will arrange a suitable time to visit you in your home or at another place convenient for you. There will be an interview, a set of questionnaires and a blood sample taken from your arm.

With your permission, we would like to look at your medical records in strict confidence in order to gain further information about the kinds of symptoms you have experienced.

Contact: Liz Forty (Research Psychologist) The Mood Disorders Research Team, Dept of Psychological Medicine, Cardiff University, 4th Floor Main Building, UHW, Heath, Cardiff, CF14 4XN Tel: **02920 744392** E-mail: moodresearch@cf.ac.uk

ACCESS YOUR LOCAL SUPPORT GROUP



FORWARD
well being on the web



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/zzzz-wr-forward-02.htm>

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muffy walker

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