

Calling all Psychiatric Survivors

Canada's mental illness system (along with Bell Tel.) say they **want** us all to talk on February 8th.

Anyone who would like to try, once again, to get them to actually **hear** you, please feel free to do so, and if you like, you can send me a short piece on what **YOU** think is wrong with the system and I will post it here in the **Let's Talk Back** Blog section OR you can use the interactive Bulletin Board on the new **Let's Talk Back** page as part of a group effort to have our say openly and honestly. Let's put the person back into the "Personality Disorders" in a way that causes those **doing** the labelling to see the human beings they label and how that labelling and controlling really affects every aspect of our lives in ways they cannot even imagine. Keep in mind though that this is a **PUBLIC** bulletin board which can be read by anyone.

If you want me to post something you write for you, please include a note on the bottom indicating that I have your permission to do so. You may also ask me to remove your piece if you change your mind at at some later point. Those who choose to use the board on their own will have complete access to their own posts only, to remove when, or if, he or she desires to do so.

Only two rules: No cursing, swearing etc: I want to keep my G rating.

No naming of **specific** individuals or psychiatrists, or attacking others who post and interact here and no threats of violence of **any** kind against self or any others.

Look for the **Let's Talk Back** page to appear directly after the **"On My Mind"** page with a "post it yourself" section . This is **not** a page for the satisfied consumer or for those promoting bio-psych. You who are promoting the current system **already** have an abundance of such places for yourself. This site is for those who are told they must **not** "whine" or complain about their situations or their treatment.

If you have **negative** experiences with psychiatrists, doctors, friends, family members, employers, treatment and the public as a **result** of your psychiatric diagnosis and labelling and/or treatment you can **Talk Back** here.

To do the posting yourself you will need to register your e-mail to my site, which will give you access to the **Let's Talk Back** bulletin board with your own personal word processor. Scroll down to the bottom of **any** page and click on the website name, **CounterPsych**. A registration page will pop up giving you directions to link into the page or use the **"register to this site"** icon either on the Home page or on the LTB page.

Let's see if the **"Let's Talk"** campaign is a real attempt by professionals to listen and learn from us, from our own point of view, or just another opportunity to promote bio-psych using some slick advertising campaigns with no questions asked, no negative opinions "allowed" or tolerated.

When the board is up and ready to use, I will post the first bit of "complaining" myself.

The **"Let's Talk"** campaign comes to us with those who promote the mental

illness system telling the public that many of us “do not get the help they need” and go “undiagnosed” because “they are afraid to talk about it.”

Let's tell the public, still believing the problem is all in “us,” **exactly** what it is we are afraid of and that not getting “help” is often the **last** thing that scares us about the system.

So let's get **real** and educate those who believe **they** understand the impact psychiatric labelling has on the labelled **better** than those of us who are on the receiving end of it understand it. It is an eye opening experience. Let's open the eyes of those who have never **had** it.