**Wendy Micklewright**

Please include this in your work

[**Emotional CPR: Heart-Centered Peer Support**](https://petition.parliament.uk/petitions/578555)

[Website – Emotional CPR](https://openexcellence.org/nice-revises-antidepressant-guidance-to-warn-of-severe-withdrawal-symptoms/)

[Restraint, segregation and seclusion review: progress report](https://www.change.org/p/provide-tapering-strips-to-help-people-withdraw-from-antidepressant-and-antipsychotic-drugs)

[Out of sight- who cares?](https://www.change.org/p/provide-tapering-strips-to-help-people-withdraw-from-antidepressant-and-antipsychotic-drugs)

**I do not attend online meetings generally - in solidarity - with many people I know who are digitally excluded for many reasons ...**

I am not a big fan of surveys - ask certain questions get certain answers ....

**When are people going to listen to us - not paid researchers ?**

The problem is poverty - not individuals being "gaslighted" into thinking they are mentally ill ..

**I think it is important to stress hearing voices is not an illness ...**

I understand the conflict between working in the system + challenging the system - it is however important to stress if people do not want the drugs they should be supported to come off the drugs ...

**This information maybe useful to you ?**

[Sedated, How Modern Capitalism Created our Mental Health Crisis - James Davies +](https://www.madinamerica.com/2021/07/not-diagnose-social-conditions-instead-individual-symptoms/)

[Combatting Structural Racism and Classism in Psychiatry: An Interview with Helena Hansen](https://www.madinamerica.com/2021/11/emotional-cpr-heart-centered-peer-support/)

[How Western Psychology Can Rip Indigenous Families Apart: An Interview with Elisa Lacerda-Vandenborn](https://www.madinamerica.com/2021/06/calls-radical-change-global-mental-health/)

[Suman Fernando’s book Institutional racism in psychiatry + clinical psychology](https://www.cqc.org.uk/publications/themes-care/restraint-segregation-seclusion-review-progress-report-december-2021)

[Whiteness as a chemical restraint in statutory guidance of the Mental Health units (Use of Force) Act 2018 – a tribute to Seni’s law + Aijibola Lewis](https://www.cqc.org.uk/publications/themed-work/rssreview)

Blog by Colin King via NSUN

[A straight-talking introduction to Psychiatric drugs – the truth about how they work + how to come off them – Joanna Moncrieff](https://iai.tv/articles/the-new-opium-of-the-people-auid-1817)

[People deprived of liberty due to misapplication of Mental Health + Capacity Acts](https://www.madinamerica.com/2021/10/interview-helena-hansen/)

[Half of people with a learning disability and autistic people reluctant to provide feedback on care](https://www.emotional-cpr.org/)

[Women disproportionately affected by soaring Mental Health Act detentions](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusanddepressioninadultsgreatbritain/januarytomarch2021)

[Report Finds Monitoring of Electroshock Treatment Unsafe](https://www.nsun.org.uk/whiteness-as-a-chemical-restraint-in-the-statutory-guidance-of-the-mental-health-units-use-of-force-act/)

[New Study Finds ECT Ineffective for Reducing Suicide Risk](https://joannamoncrieff.com/)

[Repeal provisions for Community Treatment Order](https://www.madinamerica.com/2021/11/an-interview-with-elisa-lacerda-vandenborn/)

[Provide Tapering Strips for People Who Want to Withdraw Safely from Psychotropic Drugs](https://www.opendemocracy.net/en/openjustice/human-rights-coronavirus/women-disproportionately-affected-soaring-mental-health-act-detentions/)

[Petition by James Moore](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusanddepressioninadultsgreatbritain/januarytomarch2021)

[Tapering strips](https://www.communitycare.co.uk/2021/02/22/lack-understanding-mental-health-act-mca-divide-leading-unlawful-detentions-report-finds/)

[Long-term antipsychotic use linked to breast cancer](https://www.disabilityrightsuk.org/news/2021/march/half-people-learning-disability-and-autistic-people-reluctant-provide-feedback-care)

[NICE revises antidepressant guidance to warn of 'severe' withdrawal symptoms](https://link.springer.com/book/10.1007/978-3-319-62728-1)

[Coronavirus and depression in adults, Great Britain: January to March 2021](https://www.psychologytoday.com/ca/blog/psychiatry-through-the-looking-glass/202103/report-finds-monitoring-electroshock-treatment?utm_source=Sensemaker+Daily+non-members&utm_campaign=8b3dcb5a5b-SENSEMAKER_2021_05_06_nonmember&utm_medium=email&utm_term=0_7f0fe50a8a-8b3dcb5a5b-138733904&mc_cid=8b3dcb5a5b&mc_eid=UNIQID)

[ONS](https://www.madinamerica.com/2021/04/new-study-finds-ect-ineffective-reducing-suicide-risk/?utm_source=Sensemaker+Daily+non-members&utm_campaign=8b3dcb5a5b-SENSEMAKER_2021_05_06_nonmember&utm_medium=email&utm_term=0_7f0fe50a8a-8b3dcb5a5b-138733904&mc_cid=8b3dcb5a5b&mc_eid=UNIQID)

“Almost 4 in 10 adults earning less than £10,000 a year experienced depressive symptom compared with around 1 in 10 earning £50,000 or more”

The data shows what we know to be true: struggling with your mental health doesn’t happen in a vacuum.

[Why not Diagnose Social Conditions Instead of Individual Symptoms?](https://www.taperingstrip.com/)

[The WHO Calls for Radical Change in Global Mental Health](https://www.mims.co.uk/long-term-antipsychotic-use-linked-breast-cancer/mental-health/article/1727414)

**Our work is cited as best practise by the WHO ...**

Hope we have a good week

In love + solidarity

Wendy Micklewright

FOR INFORMATION

To quote Andy Burnham ...

If we wait for the "powers that be" we will wait forever? so best if we just do it ourselves?

|  |  |
| --- | --- |
| Citizen control | Degree of citizen power |
| Delegated power |
| Partnership |
| Placation | Degree of tokenism |
| Consultation |
| Informing |
| Therapy | Non participation |
| manipulation |
|  | |
| Old power | New power |
| Currency | Current |
| Held by few | Made by many |
| Pushed down | Pulled in |
| Commanded | Shared |
| Closed | Open |
| transaction | relationships |