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MANCHESTER P.N.P.

People Not Psychiatry is neither an organisation nor an institution but a SCATTERED COMMUNE OF FRIENDS. Some of us are socially alienated, some isolated, depressed, suicidal, etc., others escaping psychiatric labels. Those on the list below are there for you to contact when you feel "in need" or just want to talk to someone. Occasionally you'll receive a surly, closed-up, unhelpful reaction from your call; other times the complete reverse - warm, compassionate, understanding and human. We've all got problems (and know it) so inconsistency abounds, but don't give in too easily - phone round a bit first.

We meet each Tuesday in a different home and you are very welcome to come along. Anyone on the list below will be able to give you details of the next meeting. (If you're rather nervous or fragile you may find they make you uptight at first - walking into a roomful of strangers, etc. - but if you can manage to keep coming you WILL eventually make close contact with a few people with whom you have empathy and who will become very important to you and you to them.)

Mick and Jenny	740 0568	David	740 5717
Ics	338 6397	Duncan	370 2033
Margaret	998 4859	Alistair and Gay	205 5039