

June 1980

P N P - A supportive Network of People

We recognise everything that anyone experiences as real for them : labelling a person as sick avoids the real problem.

We believe that people are often sent for mental health treatment because of a real conflict of interests.

We recognise the role that social conditions play in treating mental illness.

We believe that medical treatment should not be used as a substitute for social change.

We believe that all ideas of mental health are fundamentally political.

We have clear ideas of mental health which reside in peoples' capacity for self regulation.

We do not entirely reject the use of drugs - we believe that they are used too often and too readily.

Nor do we wish to belittle the humane work done by some mental health professionals.

We believe that most people have the capacity to develop helping skills.

We call ourselves a network because we don't want to set up yet another institution.

People Need People  
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s y c h i a t r y

Meet at 66, Swan Street 7.30-9.30 on Tuesdays  
from June the 17th until the end of July, after  
which, contact 228 3150 for the new address.

PEOPLE NEED PEOPLE

PEOPLE NOT PSYCHIATRY

Who we are

We are a network of people who care about people, and who know they can call on one another for help in times of crisis and emotional distress.

We have a weekly meeting place where people can drop in - to meet friends, to share experiences, to discuss the ideas of P.N.P. Or simply to be with others.

The need

There is a need for a group where people are accepted for what they are. Where they are not dismissed as "mentally disturbed" because others find them disturbing. We recognise that everything anyone experiences is real for them - and points to some kind of truth.

We have clear ideas of mental health

It lies in peoples' capacity for regulating their own lives; in their ability to both receive support and be caring towards others; and in their ability to open out to the world without losing touch with the core of their own feelings.

We are critical of orthodox psychiatry

Too often, peoples' experiences are discounted : they are given a medical label and not treated as full human beings. Their ability to work out their own new ways of living is ignored, because it is more convenient to dose them with drugs. Social conditions creating mental distress are ignored, and people are encouraged to adjust to these conditions. We believe that medical treatment should not be used as a substitute for social change.

At the same time, we recognise the humane work done by some mental health professionals. We realise they are often restricted by lack of time, resources and money : and by the attitudes of others within the system.

We call ourselves a network -

Because we do not want to be another institution, with people divided into leaders and led, helpers and helped, sane and insane. We hope that everyone will have the chance to develop and express themselves, and, in turn, will allow others to do the same.