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Titolo	Voices of experience : narratives of mental health survivors // edited by Thurstine Basset and Theo Stickley
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Descrizione fisica	1 online resource (213 p.)
Altri autori (Persone)	BassetThurstine StickleyTheo
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Soggetti	Mentally ill
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The antidote to madness : crystallising out the real self / Peter Chadwick -- Poem : but what is the cause? / Libby Jackson -- Surviving the system / Peter Campbell -- Poem : they come and go / Dave St. Clair -- Poem : fixing dinner / Dave St. Clair -- Measuring the marigolds / Alison Faulkner -- Poem : the tears I cry / Mariyam Maule -- Coping strategies and fighting stigma / Joy Pope -- Poem : day by day / Libby Jackson -- Living with the dragon : the long road to self-management of bi-polar II / Peter Amsel -- Poem : in exile / Mariyam Maule -- Coping strategies / Ruth Dee -- Poem : puppeteer / Esta Smith -- What's it like having a nervous breakdown? : can you recover? / Laura Lea -- Poem : a journey beyond silence / Mariyam Maule -- The bridge of sighs and the bridge of love : a personal pilgrimage / Peter Gilbert -- Poem : have you ever felt lonely? / Dave St. Clair -- Poem :

he saved my bacon / Dave St. Clair -- The holy spirit : healer, advocate, guide, and friend / Richard Lilly -- Poem : mist of tears / Brice Jones -- Capital writings / Thomas France ... [et al.] -- Poems : nicely nicely nought / Martin Snape -- Feel easy-fit / Martin Snape -- The value of self-help/peer support / Sarah Collis, Caroline Bell, and Joan Cook -- Poem : the clear sky / Dave St. Clair -- A recovery approach in mental health services : transformation, tokenism or tyranny? / Premila Trivedi -- Poem : to what could have been / Mariyam Maule --. Stand to reason / Jonathan Naess -- Poem : I am / Libby Jackson -- Walking with dinosaurs / John Stuart Clark -- Poem : negatives and positives / Libby Jackson -- Poem : the heart of humankind / Mariyam Maule.

Sommario/riassunto

Voices of Experience contains a wide range of stories written by mental health survivors. The narratives illustrate how survivors have developed self-management techniques and strategies for living which, together, offer a guide to anybody struggling with 21 st century life. * Explores a wide variety of mental distress experiences, underpinned by many different explanations and beliefs * Narrative has been central to the recovery approach and this book presents stories of recovery as well as an appraisal of the concept * Challenges simplistic explanations of recovery and offers a critical angle to our understanding of what it means to experience mental health problems * Offers guidance for mental health workers and professionals within the context of current mental health policies in the UK
