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To: SANCO MENTAL HEALTH

Subject: It is a human right to be able to have the choice of good Mental Health without drugs. As drugs only sometimes treat the symptoms and not the cause and can even cause mental illness, we need firstly to recognise the other ways we already have, and promote them, and provide other ways.

We need to recognise that we are more than the sum of our parts. We need good food for both body and soul.

We all recognise that without food for the body we will die but often forget about the soul.

It is often when we do things together that we free our spirit and are happy people.

Together we can do many positive things--sing, play music,dance,do exercise, deep breathing,talk and exchange views,play games,do yoga,walk,jog,laugh,even cry! live in the now and relax. Discover our senses and realise what it means to be human.

To be happy we need to feel we are not a victim of our bodily chemistry and have power over our own destiny. People working in the Mental Health field need to provide this. It can never be forced on us for our own good. It has to be our own choice.

Some few thoughts from Mary Maddock MindFreedom Ireland.

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