

Mental Health Factfile



**Pembrokeshire
Hearing Voices Group**

INTRODUCTION

This 'Mental Health Factfile' has been largely compiled by Hywel Davies of The Pembrokeshire Hearing Voices Group to raise awareness of mental health matters from a variety of perspectives. The Pembrokeshire Hearing Voices Group consists of voice hearers and mental health workers based in Pembrokeshire, West Wales. The Group was formed in March, 1996 and meets monthly in Pembrokeshire. For further details regarding the Group, contact The Pembrokeshire Hearing Voices Group, c/o West Wales Action For Mental Health, PAVS, 36 - 38 High Street, Haverfordwest, Pembrokeshire. SA61 2DA. Tel: 01437 769422.

Hywel Davies

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CHAPTER 1 :

20 Facts About Mental Health *

1. Mental illness is one of the top three causes of certified sickness absence - representing the loss of 91.5 million working days in 1991 alone.
2. Each year in the UK 30 working days are lost because of stress or mental illness for every single day lost to industrial disputes.
3. For every 10 employees, two or three each year will suffer from some form of mental health problem.
4. Mental illness severe enough to need professional assistance is as common as heart disease and three times as common as cancer.
5. Over 5500 people commit suicide in England each year - more than the number who die in road traffic accidents.
6. For farmers aged between 15 and 44, suicide is the second most common cause of death.
7. Nine out of ten people who commit suicide have some form of mental health problem.
8. Two-thirds visit their doctor in the month before their suicide.
9. 40 per cent visit their doctor in the previous week before their suicide.
10. Suicide in England takes place on average in one of every two hours.
11. Ten per cent of people with schizophrenia eventually die from suicide.
12. Fifteen per cent of those with depressive illnesses

eventually die from suicide.

13. Between 1982 and 1991 the suicide rate in young men aged 15 to 24 rose by 75%.
14. It is very rare that people with severe mental illness do harm to others.
15. In a recent survey, nine out of ten people said that we need to adopt a far more tolerant attitude to people with mental illness. Seven out of ten believed that virtually anyone can become mentally ill. Over three quarters agreed that mental health services should be provided through community-based facilities.
16. A person who has tried to commit suicide is estimated to be a hundred times more at risk than the general public for the first year after the attempt.
17. More than half a million people in the UK suffer from some form of dementia.
 - * 20 per cent over the age of 80 are affected.
 - * 6 per cent over 65 are affected.
18. The suicide rate is higher amongst divorced people and lower in married people, higher amongst unskilled workers and the unemployed.
19. One in eight people go to their family doctor to talk about emotional problems each year.
20. At least a million people see members of mental health teams each year.

* Information provided is based on the "Health Of The Nation" leaflets about mental health. The "Health of the Nation" leaflets were originally printed in approximately 1994.

CHAPTER 2 :

Mental Health And Violence : 13 Facts

1. Approximately 95% of homicides committed each year in Britain are committed by people who do not have mental health problems. (1)
2. The vast majority of people who use mental health services are not violent. (1)
3. Between 1974 and 1994 the rate of homicide in Britain doubled yet there was no increase in homicides in the same period by people with mental health problems. (1)
4. In terms of homicide, the general public is far more at risk from young men under the influence of alcohol than from people with a mental health problem. (1)
5. The random killing of a stranger by a psychotic individual is a rare occurrence. (2)
6. A person without a mental health problem is 400% more likely to commit an act of homicide than a person with a mental health problem. (2)
7. 15% of people with a depressive illness commit suicide. (2)
8. 10% of schizophrenics commit suicide. (2)
9. A person with schizophrenia is 100 times more likely to commit suicide than to commit an act of homicide. (2)
10. Homicides and suicides by people who are receiving specialist psychiatric treatment for mental illness constitute only a small proportion of the total number of deaths arising as a result of murder and suicide in British society. (2)

11. One is thirteen times more likely to be killed by a stranger without mental health problems than by a stranger with mental health problems. (3)
12. Of the 206 deaths of detained mental health patients in a two-year period, 15 were the consequence of health care intervention. (4)
13. Statistics show that whilst recorded violent crime amongst the general public increased four-fold between 1967 and 1997, there was no increase in violence by people with mental health problems (5).

(1) Audit commission, Finding A Place : A Review of Mental Health Services For Adults, HMSO, 1994.

(2) Report of the Confidential Inquiry Into Homicides And Suicides By Mentally Ill People, Royal College of Psychiatrists, 1996.

(3) Progress Report Of The Confidential Inquiry Into Homicides And Suicides By Mentally Ill People, Department Of Health, 1997.

(4) Deaths Of Detained Patients: A Review Of Reports To The Mental Health Act Commission, Mental Health Foundation,1995.

(5) Challenge The Media To Get The Facts Right, Mediawatch,1998.

CHAPTER 3 :

Schizophrenia : 35 Facts

1. The term 'schizophrenia' originates from the Greek for "broken mind". The term "schizophrenia" was invented by Eugen Bleuler in 1908.
2. "Schizophrenia" was originally known as "dementia praecox" ('dementia of early life'). The term "dementia praecox" was invented by Emil Kraepelin, a German psychiatrist, in 1896. In 1919 Emil Kraepelin published a set of clinical characteristics for the condition that remain largely valid today.
3. "Schizophrenia" does not so much involve a "split mind" as the hearing of nasty and good voices inaudible to others. According to Aidan Shingler, a "schizophrenic" who held an exhibition of his two and three dimensional work at Durham Cathedral in August 1997 "schizophrenia" consists of a "spiritual conflict".
4. The "positive" symptoms of "schizophrenia" include the hearing of voices ("auditory hallucinations") and the seeing of visions ("visual hallucinations"). "Delusion" may lead the "schizophrenic" to believe that he or she is a great prophet, or is a person of great spiritual and/or religious significance. "Delusion" may lead the "schizophrenic" to believe that he or she possesses special information, has been profoundly wicked or evil, is being victimised by "the system", or attacked or poisoned by relatives or aliens.
5. The "negative" symptoms of "schizophrenia" include profound apathy, loss of interest, marked withdrawal, reduction in spoken communication, lack of drive and interest in work, friends, family or career, a fall in self-esteem leading to personal neglect and a loss in enjoyment in activities that were previously a source of

pleasure.

6. "Schizophrenia" accounts for nearly 10% of the total NHS inpatient budget, more than any other "illness". As many as 20% of UK National Health Service hospital patients have the diagnosis of "schizophrenia".
7. Unwanted side-effects of antipsychotic medication include:
 - i. extrapyramidal effects (stiffness and trembling, like Parkinson's disease) This occurs in about a third of patients and can be treated with anti-parkinsonian drugs (e.g. benzhexol, benztropine, orphenadrine and procyclidine).
 - ii. acute dystonic reactions (sudden onset of stiffness and rigidity, sometimes with eye-rolling)
 - iii. akathisia (inner and motor restlessness)
 - iv. tardive dyskinesia (lasting uncontrollable movements, initially affecting the face, lips and tongue). Tardive dyskinesia affects up to 20% of patients over the long-term, 10% of whom are severely affected.
 - v. muscarinic effects (dry mouth, blurred vision, constipation, difficulty passing water, fast heart rate)
 - vi. anti-alpha adrenergic effects (dizziness when standing up quickly)
 - vii. antihistaminic effects (drowsiness)
8. Nine out of ten people with "schizophrenia" do not physically hurt themselves or others.
9. There are approximately 40 million "schizophrenics" in the world.
10. There are approximately 250,000 "schizophrenics" in the UK.

11. 1 in 100 people have “schizophrenia”.
12. 1 in 200 people have “psychosis” at any one time.
13. 10% of “schizophrenics” commit suicide.
14. In the book “Accepting Voices” (ed. Marius Romme & Sondra Escher, MIND, 1994) there are three stages to the “schizophrenic” voice hearing experience:
 - i. the startling phase
 - ii. the organisational phase
 - iii. the stabilisation phase
15. Some “schizophrenics” believe that we have all lived before and they were significant historical figures in a previous life or previous lives. In the book “The Divided Self” by R. D. Laing, a “schizophrenic” believes in effect that in a previous life he was Napoleon. In the book “Accepting Voices” (edited by Marius Romme and Sondra Escher), a “schizophrenic” believes that he was Mussolini in a previous life. The author of this present text is convinced that he has lived three times before in terms of blood, flesh and bone. He lived as Judas Iscariot, a Cathar and James I of England (James VI of Scotland). He was labelled by psychiatry as a “schizophrenic” in 1983.
16. “Schizophrenics” are 100 times more likely to physically harm themselves than physically harm anybody else.
17. For every person killed by someone with a diagnosis of “schizophrenia”, drink drivers kill approximately twenty four.
18. In the Phaedrus, Plato calls insanity “a divine gift, and the source of the chiefest blessings granted to men”.
19. In the Dialogues by Plato, four types of insanity are distinguished : prophetic madness due to Apollo, ritual

madness due to Dionysus, the poetic madness “of those who are possessed by the Muses” and, finally, erotic madness due to Eros and Aphrodite.

20. It appears that in a majority of “schizophrenic” cases, “schizophrenics” were sexually, emotionally and/or physically traumatised at a formative stage of their lives. In a minority of “schizophrenic” cases, “schizophrenia” appears to have been caused by severe drug abuse.
21. North American Indians believe that “schizophrenics” as voice hearers have a religious and/or spiritual significance.
22. Traditional western psychiatry regards “schizophrenia” as a bio-chemical imbalance of the brain that involves “excess” dopamine activity in the brain itself.
23. Voice hearers from history and the present include the Prophet Amos, Ezekiel, Isaiah, Moses, Mohammed, St. John of the Cross, St. Teresa of Avila, Joan of Arc, Swedenborg, Sir Winston Churchill, Sir Anthony Hopkins and Zoe Wannamaker.
24. People diagnosed by psychiatry in the 20th century as “schizophrenic” include Louis Wain (the man who drew cats), Syd Barrett (ex-Pink Floyd), Peter Green (ex-Fleetwood Mac), David Helfgott (classical Australian pianist portrayed in the 1997 film “Shine”) and Brian Wilson (Beach Boys).
25. Around one third of homeless people in cities in the UK suffer from “schizophrenia”.
26. 2% of the prison population in the UK have a “psychotic illness”.
27. There are 40,000 homeless “schizophrenics” in the UK.
28. 1,200 “schizophrenics” commit suicide annually in the UK.

29. One in three “recover” completely from “schizophrenia”. The rate of “recovery” in 1998 is the same as it was in 1938.
30. A number of studies have found that a past history of birth difficulties or obstetric complications is more common among people with “schizophrenia”. The general risk of being “schizophrenic” is 1%. The chances of a person developing “schizophrenia” are increased if there is already someone in the family with the condition. The risk of “schizophrenia” in an identical twin is 46%. The risk of “schizophrenia” in a non-identical twin is 16%. If a parent has “schizophrenia”, the child of the “schizophrenic” has a 14% risk of being labelled by psychiatry as a “schizophrenic”.
31. In “The Politics of Experience” (Penguin,1990) by R.D.Laing, Laing regards “madness” to be “the birth pains of a higher consciousness”.
32. In David Cooper’s Introduction to Michel Foucault’s “Madness and Civilisation”, Cooper writes that “madness has in our age become some sort of lost truth”.
33. The subtitle of Thomas Szasz's book "Ideology and Insanity (Syracuse University Press,1991) is "Essays On The Psychiatric Dehumanization Of Man". For Szasz, mental 'illness' is a myth.
34. In Thomas Szasz’s book “The Manufacture of Madness”, psychiatry is to twentieth century science what the Inquisition was to seventeenth century Catholicism. The Inquisition “protected” Catholic orthodoxy. Similarly, psychiatry “protects” scientific orthodoxy. For Szasz, traditional western psychiatrists are in effect the “thought-police” of scientific orthodoxy.
35. 10 - 15% of the general population have heard or do hear a

voice over a long period of time. The voice or voices may be triggered by a traumatic event such as a bereavement, an accident, an illness or some other significant occurrence. 1% of the general population are “schizophrenic”. For more detailed information about voice hearing, “Accepting Voices” (ed. Marius Romme and Sondra Escher, MIND,1994) is recommended. “The Voice Inside : A Practical Guide To Coping With Voices” (Paul Baker, Hearing Voices Network, 1995) and “Working With Voices : Victim To Victor” (Ron Coleman and Mike Smith, Handsell Publications, 1997) are equally recommended.

CHAPTER 4 :

Psychiatry In The Age Of Reason (1750-1995) : 10 Facts

1. Black slaves who ran away from their “duties” were deemed by psychiatry to be mentally “ill”. The psychiatric “illness” was known as “drapetomania”.
2. Irascibility or impertinence on the part of a black slave was deemed by psychiatry to be a mental “illness”. The psychiatric “condition” was known as “dysthaesia Aethiopica”.
3. Psychiatrists were originally known in the 18th century as “alienists”; “mental patients” were originally known as “aliens”.
4. Single mothers were once deemed by psychiatry to be “insane”. As a result, single mothers were incarcerated for, in certain instances, a large number of years in psychiatric hospitals.
5. Girls who had sexual intercourse under the legal age of consent were once deemed by psychiatry to be mentally “ill”.
6. Psychiatry in Nazi Germany in the 1930's and 1940's effectively killed more than 200,000 “mental patients” in the name of social and political progress.
7. Epilepsy was once regarded by psychiatric orthodoxy as a mental “illness”.
8. In the communist Soviet Union, certain political dissidents were deemed by Russian psychiatry to be mentally “ill”. These dissidents were incarcerated in psychiatric hospitals for their psychiatric condition.
9. Homosexuality was once regarded by western psychiatric

orthodoxy as a mental “illness”.

10. For psychiatric orthodoxy all voice hearing is a sign of “madness”.

CHAPTER 5 :

Suicide And Deliberate Self-Harm (Mental Health Foundation)

Mental Health Foundation Briefing : "Suicide And Deliberate Self-Harm"(May,1997).

Key points:

1. Suicide accounted for 4,315 deaths in the UK in 1995, approximately 12 people per day. A further 2,185 deaths in 1995 were recorded as "undetermined deaths" where the intention of the people concerned to kill themselves was unclear. This brought the total to 6,500 suicides and "undetermined deaths" in 1995 or nearly 18 people every day.
2. Suicide rates reached a peak in 1963 and have largely been decreasing since. There has however been an increase in suicides among young men in the 1980's. Suicide is responsible for more deaths per year than road traffic accidents.
3. The Government White Paper, "The Health Of The Nation" (1992), sets a target for a reduction in the overall suicide rate of 15% by the year 2000. Among people with mental illness, the target is set at a reduction of 33%.
4. Nearly three times more men than women kill themselves every year. Of the 6,500 suicides and undetermined deaths in 1995, 4,835 (74%) were men and 1,665 (26%) were women.
5. Suicide rates also vary with age. Suicide is the second most common cause of death in men under 45 and in women between the ages of 25 and 44. The highest suicide rates

have consistently been found among older people, particularly men over 85.

6. Between 1980 and 1990 the suicide rate for men aged 25-44 increased by approximately 33% and in men aged 15-24 it increased by 85%.
7. All forms of mental illness or mental health problems carry an increased risk of suicide, the most common being depression and schizophrenia. The lifetime risk of suicide for people with a diagnosis of schizophrenia has been estimated at between 10 and 15%. For people diagnosed as having affective disorders (mood disorders including manic depression and depression) the lifetime risk of suicide is in the region of 15%.
8. 70% of recorded suicides are by people suffering from depression.
9. Estimates suggest that around 15% of people who abuse alcohol may eventually kill themselves. The risk of suicide among people who abuse drugs is also known to be very high, one estimate putting it at 20 times that of the general population.
10. People with a chronic physical illness are at greater risk of suicide, very probably because of the high rate of depression among people with a chronic physical illness. Diseases which have been found to be associated with high suicide rates are neurological, gastrointestinal, cardiovascular disorders, HIV and AIDS.
11. Suicide in veterinary surgeons is around 3 times more common than in the general population. In pharmacists, dentists, farmers and doctors it is around twice as common.
12. Although the rate of suicide is higher among unemployed

people than among employed people, the association is not a straightforward one.

13. Patterns of suicide associated with marital breakdown are different in men and women, suggesting that marriage may act as more of a protective factor for men than it does for women. Widowed and divorced men have a rate of suicide of about twice the rate for women in the same situation.
14. There is consistent evidence of high suicide rates among certain sub-groups of young Asian women particularly those of Hindu or Sikh origin.
15. A report commissioned by the US government concluded that lesbian and gay youth were 2 or 3 times more likely to attempt suicide. They may account for 30% of suicides in young people.
16. The London Gay Teenage Project (1984) found that 19% of their sample of 415 respondents had attempted suicide. Other US studies have suggested as many as 40-50% of young lesbians and gay men have attempted suicide.
17. In 1994 the number of recorded suicides in British prisons rose to an unprecedented 61. This constituted a 30% increase over the number of prison suicides in 1993.
18. Homelessness greatly increases the likelihood of a suicide attempt. In a recent study of young homeless people, 20% of the sample had attempted suicide in the last year compared to 4% of a group of non-homeless young people. 33% of the homeless group had attempted suicide at some point of their lives. 29% of those who attempted suicide were diagnosed as having a mental illness.
19. Men and women typically use quite different methods of killing themselves. For men, the most common methods

are car exhaust gas and hanging. Overdose (self-poisoning) is by far the most common method chosen by women.

20. An estimated 100,000 people per year are referred to hospitals in England and Wales for deliberate self-harm, mainly involving drug overdoses or self-injury. Approximately, 19,000 of these are young people.
21. It is suggested that attempted suicide is the strongest predictor of subsequent death through suicide among people with psychiatric disorders. Around 1% of people who attempt suicide go on to succeed within a year of an attempt. Approximately 3-5% of people who attempt suicide kill themselves within the following few years. An estimated 40-50% of people who kill themselves are thought to have made previous attempts.
22. Self-injury can be quite different in intent from attempted suicide because the injuries are generally inflicted in order to enable the person to carry on living or to cope with difficult feelings rather than to end their life. The most common form of self-injury is cutting but it can also include bruising, scraping and burning.
23. It is generally believed that self-injury is twice as prevalent among women than it is among men. Statistics on self-injury are unreliable because many incidents will be treated at home and will not reach the attention of services or professionals.
24. According to a survey performed for the Bristol Crisis Service For Women in 1994/5, 90% of a sample of female self-injurors had cut themselves and 33% had inflicted blows or scalded themselves. 74% had begun self-injuring during childhood or adolescence (0-19 yrs) and 69% had been inflicting injuries on themselves for more than five years.

25. It is widely accepted that self-injury is the result of profound emotional pain. The injuries can release feelings of self-hatred, anger and anxiety. It can provide a means of self-punishment or of taking control. One of the fundamental aims of the National Self-Harm Network is to shift public and professional opinion from seeing self-harm as “attention-seeking” towards a greater understanding of the underlying issues and low self-worth associated with self-injury.

CHAPTER 6 :

Mental Health Facts : Mediawatch *

- 1 1 in 4 of the adult population of the UK will experience some sort of mental health problem in any year.
- 2 3.2 million people will require specialist help for their mental health problem.
- 3 Mental health problems are three times more common than cancer.
- 4 Statistics show that whilst recorded violent crime amongst the general public has increased four-fold in the last 30 years there has been no increase in violence by people with mental health problems.
- 5 Working days lost through mental illness cost UK industry approximately £6,200 million annually. Of the 517 million working days lost through sickness absence, 18% (92m) were due to mental illness.
- 6 In a recent survey 45% of respondents thought that the media was to blame for discrimination against people with mental health problems.

* “Challenge The Media To Get The Facts Right” - Mediawatch

Mediawatch

Mediawatch is an alliance of six mental health charities : The Mental Health Foundation, Manic Depression Fellowship, National Schizophrenia Fellowship, Mind, MACA (the Mental After Care Association) and Mental Health Media.

If you wish to complain about the way a television programme portrays mental health problems, if you wish to complain about a sensational headline or if you wish to congratulate the media

when it gets it right, write to the Letters Page of the newspaper or magazine (write on the top of your letter "For Publication") or write or telephone the appropriate authority.

Addresses

- The Press Complaints Commission, 1 Salisbury Square, London EC4Y 8AE (0207 353 3732)
- The Advertising Standards Authority, 2 Torrington Place, London WC1E 7HW (0207 580 5555)
- The Broadcasting Standards Commission, 7 The Sanctuary, London SW1P 3JS (0207 233 0544)
- Viewer and Listener Correspondence, BBC Villiers House, The Broadway, London W5 2PA. (BBC Complaints Line : 0208 743 8000)
- The Programme Complaints Unit, Broadcasting House, London W1A 1AA
- Channel 4/S4C Complaints Hotline : 0207 306 83333
- Channel 5 Complaints Hotline : 0345 050505
- The Independent Television Commission, 33 Foley Street, London W1P 7LB (0207 255 3000)
- The Radio Authority, Holbrook House, 14 Great Queen Street, London WC2B 5DG (0207 430 2724)

Mediawatch Advice

If you wish for any advice or information about the style and content of your complaint - what you should include and how best to phrase it, the press offices at any one of the following organisations involved in Mediawatch would be willing and able to help:

- Manic Depression Fellowship : 0208 974 6550
- National Schizophrenia Fellowship : 0208 547 3937
- Mind : 0208 519 2122
- MACA : 0207 436 6194
- Mental Health Media : 0207 700 8101
- Mental Health Foundation : 0207 803 1100

“Challenge The Media To Get The Facts Right”

If you would like a copy of the brochure “Challenge The Media To Get The Facts Right” (the brochure on which this fact sheet is based), contact:-

The Mental Health Foundation,
Sea Containers House,
20 Upper Ground,
London.
SE1 9QB.
Tel: 0207 803 1100.

CHAPTER 7 :

Good Company

All people on the lists below have been diagnosed as mentally ill either during or after their lifetimes. Those living at present have admitted that they have been treated for a mental illness. The lists were obtained from the book "Touched With Fire" by Kay Redfield Jamison and from other sources.

Scientists, Philosophers and Theorists

Ludwig Boltzmann	Nicolaus Copernicus
Michael Faraday	George Fox
John Kenneth Galbraith	Salvador Luria (Nobel Laureate)
Stephen Hawking	William James
Johannes Kepler	Soren Kierkegaard
Baron Gottfried Wilhelm Leibnitz	Kurt Godel
Martin Luther	John Stuart Mill
Issac Newton	Friedrich Nietzsche
Jean - Jacques Rousseau	Plato *
Socrates *	John Strugnell
James Swedenborg	

* According to Aristotle

Political Figures

Robert Boorstin	Napoleon Bonaparte
Laughton Chiles	Winston Churchill
Oliver Cromwell	Thomas Eagleton
James Farmer	James Forrestal
Mahatma Gandhi	George III, King of England
Alexander Hamilton	Abraham Lincoln
Robert E Lee	Earl K Long
Robert McFarlane	Horatio, Viscount Nelson
William Pitt	Yitzhak Rabin
Theodore Roosevelt	William Tecumseh Sherman

Artists

Ralph Barton	Francesco Bassano
Ralph Blakelock	David Bomberg
Francesco Borromini	John Sell Cotman
Richard Dadd	Edward Dayes
Albrecht Durer	Paul Gauguin
Theodore Gericault	Hugo van der Goes
Vincent van Gogh	Arshile Gorky
Philip Guston	Benjamin Haydon
Carl Hill	Ernest Josephson
George Innes	Ernest Ludwig Kirchner

Artists continued

Edwin Landseer	Edward Lear
Wilhelm Lehmbruck	John Martin
Charles Meryon	Michelangelo (Buonarron)
Adolphe Monticelli	Edvard Munch
Jules Pascin	Georgia O'Keeffe
Raphaelle Peal	Jackson Pollock
Rembrandt van Rijn	George Romney
Dante Gabriel Rossetti	Mark Rothko
Nicolas de Stael	Pietro Testa
Henry Tilson	Maurice Utrillo
Jan Vermeer	George Frederic Watts
Sir David Wilkie	Anders Zom

Entertainers and Personalities

Buzz Aldrin	Rosanne Barr
Rona Barrett	Dick Cavett
Ray Charles	Eric Clapton
Dick Clark	Rosemary Clooney
Leonard Cohen	Francis Ford Coppola
Sheryl Crow	Mike Douglas
Tony Dew	Kitty Dukakis
Patty Duke	Connie Francis

Entertainers and Personalities continued

Peter Gabriel	Cary Grant
Shecky Greene	Mariette Hartley
Kristen Hersh	Anthony Hopkins
Vivien Leigh	Bill Lichtenstein
Josh Logan	Sarah McLachlan
Kirsty McNichol	Burgess Meredith
Marilyn Monroe	Spike Milligan
Charley Pell	Charley Pride
Bonnie Raitt	Joan Rivers
Axl Rose	Rod Steiger
Kate Taylor	Livindston Taylor
Ted Turner	Mike Wallace
Robin Williams	Jonathon Winters
Zelda Fitzgerald	

Writers

Hans Christian Andersen	Honore de Blazac
James Barrie	Arthur Benson
E F Benson	James Boswell
Charlotte Bronte	Art Buchwald
John Bunyan	Agatha Christie
Samuel Clemens (Mark Twain)	Joseph Conrad

Writers continued

Michael Crichton	Kathy Cronkite
Charles Dickens	Isak Dinesen
Fyodor Dostoyevsky	Alexandre Dumas
Ralph Waldo Emerson	William Faulkner
F Scott Fitzgerald	Albert French
Romain Gary	Lewis Grassie Gibbon
Johan Wolfgang von Goethe	Nikolai Gogol
Oliver Goldsmith	Maxim Gorky
Kenneth Graham	Graham Greene
Nathaniel Hawthorne	Ernest Hemingway
Herman Hesse	Henrik Ibsen
William Inge	Henry James
William James	Charles Lamb
Peter Nolan Lawrence	Primo Levi
Malcolm Lowry	Herman Melville
Kate Millett	Eugene O'Neill
Francis Parkman	Abigail Padgett
Alexander Pushkin	Francois Rabelais
Jean-Jacques Rousseau	John Ruskin
William Saroyan	Linda Sexton
Mary Shelley	Richard Sheridan
Jean Stafford	Robert Louis Stevenson
August Strindberg	William Styron

Writers continued

Leo Tolstoy	Ivan Turgenev
Tennessee Williams	Mary Wollstonecraft
Virginia Woolf	Emile Zola

Poets

Antonin Artaud	Konstantin Batyushkov
Charles Baudelaire	Thomas Lovell Beddoes
John Berryman	William Blake
Aleksandr Blok	Barcroft Boake
Louise Bogan	Rupert Brooke
Robert Burns	George Gordon
Lord Byron	Thomas Campbell
Paul Celan	Thomas Chatterton
John Clare	Harley Coleridge
Samuel Taylor Coleridge	Williams Collins
William Cowper	Hart Crane
George Darley	John Davidson
Emily Dickinson	Ernest Dowson
T.S. Eliot	Sergey Esenin
Robert Fergusson	Afanasy Fet
Anne Finch	Edward FitzGerald
John Gould Fletcher	Gustav Froding

Poets continued

Adam Lindsey Gordan	Thomas Gray
Nikolai Gurnilyov	Robert Stephen Hawker
Friedrich Holderlin	Gerald Manley Hopkins
Randell Jarell	Samuel Johnson
John Keats	Henry Kendall
Velimir Khlebnikov	Heinrich Von Kleist
Walter Savege Landor	Nikolaus Lenau
J.M.R Lenz	Mikhail Lermontov
Vachel Lindsey	James Russell Lowell
Robert Lowell	Hugh MacDermid
Louis MacNeice	Osip Mandelstam
James Clarence Mangan	Vladimir Mayakovsky
Edna St. Vincent Milley	Alfred de Musset
Gerald de Nerval	Boris Pasternak
Cesare Pavese	Sylvia Plath
Edgar Allen Poe	Ezra Pound
Alexander Pushkin	Laura Riding
Theodore Roethke	Delmore Schwartz
Johann von Schiller	Anne Sexton
Percy Bysshe Shelley	Christopher Smart
Torquato Tasso	Sara Teasdale
Lord Tennyson	Dylan Thomas
Edward Thomas	Francis Thompson

Poets continued

George Traki

Maria Tsvetayeva

Paul Verlaine

Walt Whitman

Composers & Musicians

Anton Arensky

Ludwig von Beethoven

Hector Bertioz

Anton Bruckner

Jeremiah Clarke

John Downland

Gaetano Donizetti

Edward Elgar

Carlo Gesualdo

Mikhail Glinka

George Gredric Handel

Gustav Holst

Charles Ives

Otto Klemperer

Orlando de Lassus

Franz Liszt

Gustav Mahler

Wolfgang Amadeus Mozart

Sergei Rachmaninoff

Modest Mussorgsky

Franz Schubert

Giocchino Rossini

Alexander Scriabin

Robert Schumann

Peter Warlock

Peter Tchaikovsky

Richard Wagner

Hugo Wolf

Irving Berlin

Bernd Alois Zimmerman

Leonard Cohen

Ray Charles

Stephan Foster

Noel Coward

Charles Parker

Charles Mingus

Cole Porter

CHAPTER 8 :

Recommended Mental Health Publications

Booklets

'The Voice Inside : A Practical Guide To Coping With Hearing Voices' - Paul Baker, Hearing Voices Network, 1995

'Can You Hear Me?' - Paul Baker, Hearing Voices Network, 1995

Books

'Schizophrenia : The Positive Response' - Peter Chadwick, Routledge, 1997

'Working With Voices : Victim To Victor' - Ron Coleman & Mike Smith, Handsell Publications, 1997. *

'Accepting Voices' - ed. Marius Romme & Sandra Escher, MIND, 1993.

'Understanding Voices : Coping With Auditory Hallucinations & Confusing Realities' - Marius Romme, Handsell Publications, 1998. *

'Living With Schizophrenia' - John Watkins, Hill of Content, 1996. (available through MIND)

'Hearing Voices : A Common Human Experience' - John Watkins, Hill of Content, 1998. (available through MIND)

'Malignant Sadness : Anatomy of Depression' - Louis Wolpert, Faber & Faber, 1999.

'Touched With Fire' - Kay Redfield Jamison, Free Press, 1993

'An Unquiet Mind' - Kay Redfield Jamison, Picador, 1995

'Social History of Madness' - Roy Porter, Phoenix Paperbacks, 1996

* Handsell Publications, City Works, Alfred Street,
Gloucester. GL1 4DF. (01452 380319)

Recommended UK Websites

mind:	www.mind.org.uk
rethink:	www.rethink.org
mdf:	www.mdf.org.uk
hvn:	www.hearing-voices.org.uk
hvn dundee:	www.hearingvoicesnetwork.com
hafal:	www.hafal.org
mhf:	www.mentalhealth.org.uk
sane:	www.sane.org.uk
no panic:	www.nopanic.org.uk
young minds:	www.youngminds.org.uk
intervoice:	www.intervoiceonline

CHAPTER 9 :

UK Mental Health Organisations

MIND

15 -19 Broadway
Stratford
London. E15 4BQ
0208 5192122

Rethink

28 Castle Street
Kingston-Upon- Thames
Surrey. KT6 4NS
0208 5473937

Manic Depression Fellowship

Castle Works
21 St George's Road
London. SE1 6ES
0207 7932600

Hearing Voices Network

79 Lever Street
Manchester
M1 1FL
0845 1228641
Helpline 0845 1228642

Hearing Voices Network Dundee

The Haven
216 - 220 Hilltown
Dundee, Scotland. DD3 7AG.
01382 223023

MIND Cymru

3rd Floor - Quebec House
Castlebridge
Cowbridge Road East
Cardiff. CF11 9AB
02920 395123

Hafal / NSF Cymru

Suite C2
William Knox House
Britannic Way
Llandarcy, Neath
West Glamorgan. SA10 6EL
01792 816600

MDF Cymru

22 - 29 Mill Street
Newport
South Wales. NP20 5HA
01633 244244 - office
08456 340080 - Helpline

Mental Health Foundation

Sea Containers House
20 Upper Ground, London.
SE1 9QB
0207 8031100

Mentality

Sainsbury Centre for Mental Health
134 - 138 Borough High Street
London. SE1 1LB
0207 7166777

Sane

1st Floor
Cityside House
40 Alder Road
London. E1 1EE
0207 3751002

Zito Trust

P O Box 265
London. WC2H 9JD
0207 2408422

**All Wales User & Survivor
Network**

US Network
The Baglan Suite
Llys Kearns
Jersey Marine
Swansea. SA1 8QL
01639 751022

Young Minds

48 - 50 St John Street
London
EC1M 4DG
0207 3368445

Farm Crisis Network

0845 3679990 (Helpline)
0207 3368445

UK Advocacy Network

Voberve House
14 - 18 West Bar Green
Sheffield
SA 2DA
0114 2728171

Combat Stress

Tyrwhitt House
Oaklawn Road
Leatherhead
Surrey.
KT22 0BX

No Panic

93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
01952 590005: Office
0808 8080545: Freephone
Helpline

Psychology Politics

Resistance
c/o Pam Alldred
South Bank University
Castle House
2 - 2- Walworth Road
London
SE1 1DW

CHAPTER 10:

Seven Mental Health Voluntary Sector Organisations in Pembrokeshire

- 1 Pembrokeshire Frame Ltd
Unit 18
Brickhurst Business Park
Johnston
Haverfordwest
SA62 3PA
01437 891221

- 2 Hafal
Tenby Resource Initiative
St Asaph
Trafalgar Road
Tenby
SA71 7DN
01834 844177

- 3 Mental Health Advocacy in Pembrokeshire (MAP)
Liberal Chambers
4 St Mary's Street
Haverfordwest
SA61 2DR
01437 762935

- 4 Pembroke Mind Sir Benfro
Old Wool Market
Quay Street
Haverfordwest
SA61 1BG
01437 763626

- 5 Theatr Fforwm Cymru
Goodwick Community Centre
New Hill
Goodwick
Pembrokeshire
SA64 0DH
01348 873805

- 6 West Wales Action for Mental Health
PAVS
36 - 38 High Street
Haverfordwest
SA61 2DA
01437 769422

- 7 Alzheimer's Society - Pembrokeshire Branch
Havenhurst
Sandhurst Road
MilfordHaven
SA73 3JU
01646 699258

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