


# MY STORY: Mental Health for Total Health

The View From Here



*In health &  
harmony* 

# My Story Of Mental Health

**Michael Dudley, Derrick Silove, Fran  
Gale**



## **My Story Of Mental Health:**

**My Life in Mental Health: A Nurse's Story** John Nugent, RN, 2015-11-06 My Life in Mental Health A Nurse's Story relates honestly and without pretense the journey of a man who grew up in a family who struggled with mental health issues John Nugent the memoirist tells how those early experiences led him to explore psychology to better understand both himself and his often chaotic family His hands on work in mental health nursing provides the grounding for his narrative that explores the development of modern mental health care In just a few decades mental health treatment transformed from a doctor knows best discipline and arrived where the best treatments tend to emerge from the expressed needs and desires of clients My Life in Mental Health A Nurse's Story will inform and inspire anyone who has felt the impact of mental illness in his or her family or who cares about people with mental illness The author makes a compelling case for putting to rest the enduring stigma toward people who live with mental illness

### **The Stigma of Mental Illness - End of the Story?**

Wolfgang Gaebel, Wulf Rössler, Norman Sartorius, 2016-08-10 This book makes a highly innovative contribution to overcoming the stigma and discrimination associated with mental illness still the heaviest burden both for those afflicted and those caring for them The scene is set by the presentation of different fundamental perspectives on the problem of stigma and discrimination by researchers consumers families and human rights experts Current knowledge and practice used in reducing stigma are then described with information on the programmes adopted across the world and their utility feasibility and effectiveness The core of the volume comprises descriptions of new approaches and innovative programmes specifically designed to overcome stigma and discrimination In the closing part of the book the editors all respected experts in the field summarize some of the most important evidence and experience based recommendations for future action to successfully rewrite the long and burdensome story of mental illness stigma and discrimination

The Lived Experience in Mental Health Gary Morris, 2016-09-15 The importance of recognising the knowledge and the needs of service users and engaging them more proactively within the care process is now widely acknowledged but it is not always clear how this can come about The Lived Experience of Mental Health highlights individuals own lived and felt mental health experience in order to share their expertise about mental health problems and the care offered This text begins by exploring the importance of engaging with the internal world of those living with various mental health problems and reflecting upon personal narratives as means of expressing and sharing experience as well as the status of these narratives as evidence The central section of the book looks at five commonly experienced mental health states anxiety problems depression mood extremes states of altered reality linked for example with psychosis and schizophrenia and impaired cognition linked for example with dementia The chapters look at how the mental state in question is experienced including the experience of it in the context of the wider world where health and social care services and the responses of other people play a part Drawing on personal narratives from a wide range of sources this text foregrounds the voices of experts by experience and relates them to the academic

literature The narratives collectively convey a breadth of experience including both concepts of struggling and living well with mental health issues The book ends by outlining resources where a range of first person narratives can be accessed from online forums to films and providing a strategy for teaching and learning associated with the exploration of lived experience narratives Designed for health professionals working with people experiencing mental health problems this illuminating text uses personal narratives to emphasise the importance of person centred care and participation by services users in their own care It will also be an interesting read for experts by experiences themselves as well as their families and friends

**The Story of the Cardiff and Vale Perinatal Mental Health Team January 1998 - July 2020** Sue Smith, 2022-06-16 This book tells the story of the Perinatal Mental Health Service that developed in the Cardiff Vale area in South Wales UK from 1998 until the author's retirement in 2020 Childbirth poses a risk to a woman's mental health but until quite recently there were minimal services in the UK dedicated to managing this risk Dr Sue Smith outlines how the Cardiff community service gradually developed and expanded with no official funding alongside a mother and baby unit which closed was replaced by a new one which also then closed Later the service benefitted from an investment from the Welsh Government who wanted all health boards in Wales to run perinatal mental health services From 2015 the story of the Cardiff service is seen in the context of the development of these services across the whole of Wales This story is written by the Consultant Psychiatrist in the team and has an autobiographical tone that was not entirely planned It also includes contributions from other professionals working alongside or within the service and most importantly from women who were cared for by the service

**Psychiatric and Mental Health Nursing in the UK** Katie Evans, Debra Nizette, Anthony O'Brien, Catherine Johnson, 2019-06-28 Psychiatric and Mental Health Nursing in the UK is an adaptation of Australia and New Zealand's foremost mental health nursing text and is an essential resource for both mental health nursing students and qualified nurses Thoroughly revised and updated to reflect current research and the UK guidelines as well as the changing attitudes about mental health mental health services and mental health nursing in UK Set within a recovery and patient framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with patients and their families Gives readers a thorough grounding in the theory of mental health nursing Case studies throughout the text allow readers to understand the application of theory in every day practice Includes critical thinking challenges and ethical dilemmas to encourage the reader to think about and explore complex issues Exercises for class engagement complement learning and development in the classroom environment

**Psychiatric & Mental Health Nursing** Katie Evans, Debra Nizette, 2016-10-04 Psychiatric and Mental Health Nursing has established itself as Australia and New Zealand's foremost mental health nursing text and is an essential resource for all undergraduate nursing students This new edition has been thoroughly revised and updated to reflect current research and changing attitudes about mental health

mental health services and mental health nursing in Australia and New Zealand Set within a recovery and consumer focused framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with consumers and their families Visit [evolve.elsevier.com](http://evolve.elsevier.com) for your additional resources eBook on Vital Source Resources for Students and Instructors Student practice questions Test bank Case studies Powerful consumer story videos 3 new chapters Physical health care addresses the physical health of people with mental health problems and the conditions that have an association with increased risk of mental health problems Mental health promotion engages with the ways in which early intervention can either prevent or alleviate the effects of mental health problems Challenging behaviours presents a range of risk assessments specifically focused upon challenging behaviours Now addresses emerging issues such as The transitioning of mental health care to primary care The development of peer and service user led services accreditation and credentialing Mental Health Nurse Incentive Program

*A Definitive Guide to Mental Health Recovery*  
Jeremy Gluck, 2011-06-01 Description A Definitive Guide to Mental Health Recovery by Jeremy Gluck is a unique experiential guide to recovering mental health Based on trainings to mental health services staff supplemented by thoughtful and very original reflections and explorations of this momentous new development in attitudes to the successful transformation of mental health and including new and unusual articles and interviews with mental health professionals and service user mavericks this book is indispensable to a more profound and penetrating understanding of what it is like to recover what it means to recover and why recovery is necessary and indeed the right of services users About the Author Jeremy Gluck is an expatriate Canadian who with a parallel successful life in the arts is now working in the voluntary mental health sector in Wales as a mental health information and research worker His lifelong experience as a published writer and author has equipped him ideally to write this companion volume to his memoir *Victim of Dreams*

*Mental Health and Human Rights*  
Michael Dudley, Derrick Silove, Fran Gale, 2012-06-21 People with mental disorders often suffer the worst conditions of life This book is the first comprehensive survey of the mental health human rights relationship It examines the relationships and histories of mental health and human rights and their interconnections with law culture ethnicity class economics biology and stigma

*It's My Life* Anne Brocklesby, 2011-06-01 Description This book is Anne's fourth for Chipmunka Publishing and in many ways one that reaches out to other people Its aim is to encourage others who have also experienced mental health difficulties to take up new interests Anne describes how she took to the pen and computer again inspired by the Write Afresh Writing Group which meets in the Raynes Park area in Merton especially for people who have had mental health issues Anne describes how she also goes to the gym and tries to keep fit with aqua classes and took up art classes for the first time in her life We can all learn new skills she says Read her chapter on being a survivor Read some of her poetry Anne hopes you will enjoy reading her book and write to her care of her publisher with your comments She does intend to write further and

would like to hear from her readers Has this book inspired you or someone you care for to cope with their life I hope so It is not always easy when you have mental health issues to deal with to engage with real life but remember it is your life and we need to get on with living About the Author Anne Brocklesby was born in Epsom on 6th February 1951 and currently lives in the Wimbledon area where her two children Chris and Lizzie went to school Anne is married to David a solicitor and he has been a great support to her during the time she was unwell Anne currently goes to the gym to aqua classes to try and keep fit and also earlier this year tried out some art classes and joined a creative writing group This creative writing group has inspired her to get her current book It s My Life together and she talks with great fondness of their regular weekly meetings We love to hear each others writings she says Anne is now thinking about the future What will it hold In the past she has had an active life working and bringing up her children and now there is some time to reflect on the past and plan for the future she says with interest This book is her fourth for Chipmunka Publishing and she has enjoyed every bit of getting the books together ready for publication She hopes it will inspire others who have experienced mental health difficulties like herself to reach out to others and to take up new interests Anne is a keen advocate of mental health promotion and hopes that you can read her book Let s Hang On To Mental Health We Need To Prevent Mental Distress which discusses this in greater detail Mental health promotion is informing people about wellbeing and how they can look after their mental health with positive policies in place for the mental health of the nation Every year on October 10th there is a world mental health day Anne s other two books are about her journey through manic depression and the third one the sequel deals with Moving On From Depressionssion

**My Story Isn't Over** Emma Henry,2023-02-07 The purpose of this book will not give you all the answers you are looking for However I share my story in order to show you that there is hope even in the darkest of moments In this book I share my struggles with mental health exams university and how I got through the challenges that made me who I am today I hope when you finish reading it you can take away something meaningful and learn to fall in love with life again just like I did

*A Small Handbook of Mental Health* Marcia A. Murphy,2022-08-11 Writing by seriously mentally ill people is not common The illness makes effective communication difficult and for this reason the writing they do is important It provides insights into what the mentally ill experience Also it is a sharing of experience that may reduce the isolation and increase the sense of belonging among those who are ill And fellow sufferers may pay attention and learn from the writer in this case how to achieve recovery How then is recovery to be achieved To begin with recovery has two meanings It usually means to regain one s health But in the mental health field it has recently come to mean finding meaning and fulfillment despite continuing even serious illness This involves taking measures to bring about change and find value and purpose The author found recovery through her religious faith and writing The author tells her story and in doing so gives direction and offers encouragement And in doing this she lets the seriously mentally ill know they are not alone

**That's My Story!: Drama for Confidence, Communication and Creativity in KS1 and Beyond** Adam Power-Annand,2024-03-25 The ability to

communicate is an essential life skill for all children and young people and it underpins their social emotional and educational development If a child experiences a positive relationship with an adult listening carefully they are more likely to constructively share their thoughts feelings and their imaginative ideas That s My Story places children s imagined stories at the heart of their own development and provides a joyful creative approach to support young children s personal and social development and to encourage their communication In this book you will find Tried and tested drama games and activities that support communication and well being all adaptable to complement your current practice Guidance and advice on how to promote positive adult child interactions Examples of creative interventions that support children s communication development A celebration of the joy that comes with carefully listening to children s own imagined stories Those of us who work with children can sense a tangible connection between how young children feel and how they communicate This essential and practical resource will be valuable reading for primary teachers teaching assistants speech and language therapists and drama practitioners as well as outreach and education departments of theatre companies and other arts organisations

*Corrections and Beyond: My Story of Doing Time on the Other Side of the Bars* Dr. Ivan

Godfrey,2021-09-23 When Ivan Godfrey began his career as a corrections officer in the New York State Corrections System it was still reeling from the brutal retaliation to the prison riots at Attica As a young African American he grew up in the Bronx then he worked in prisons such as the notorious Sing Sing Prison In fact Ivan often met inmates he knew on the streets from his New York City neighborhood His memoir is a wonderful testament to his determination to strive for a better life and take care of his growing family while working in some of the most dangerous prisons in America It is also a one of a kind window into the life of a young Black prison guard as he struggled to climb the ladder of success despite inherent and overt racial barriers Now he is an assistant professor teaching criminal justice and behavioral science at SUNY Ulster CC forensic mental health at Russell Sage College and forensic social work and the criminal justice system at the University at Albany School of Social Welfare Dr Ivan Godfrey s memoir is an inspiring journey from the streets of the Bronx to the daily psychological and physical violence while working for over twenty years in the NY State Correction System and finally to the halls of academia

*Comparing mental health cross-culturally* Yasuhiro Kotera,Claude-Hélène Mayer,Kenichi Asano,2023-06-23 **Peer**

**Support Work in Mental Health Services** Michael John Norton,2025-09-22 Responding to a growing understanding surrounding the unique knowledge and skill set of individuals with lived experience of mental health conditions this book responds to a gap in current literature by exploring the role of peer support work through the four realms of theory research policy and practice with a particular focus on mental health discourses Filled with practical case studies and guidance on the most effective approaches to peer support work chapters support readers in building their knowledge of The theoretical models of peer work including historical underpinnings benefits and drawbacks and the ontological epistemological basis for lived experience as a knowledge sub set The research behind the value of experiential knowledge models of peer support

work ethical dilemmas and how peer support work relates to traditional mental health discourse The policy developments in relation to peer support work Peer support work in practice including work with families support work specialisms and current guidance on best practice A must read read for those working within mental health services this book provides a comprehensive guide to peer support work for mental health professionals programme managers peer support workers and service users

*Positive Youth Development through Sport* Nicholas L. Holt, 2016-04-07 Cutting through the political rhetoric about the power of sport as a tool for social change and personal improvement this book offers insight into how and why participating in sport can be good for children and young people As the first text to focus on the role of sport in positive youth development PYD it brings together high profile contributors from diverse disciplines to examine critically the ways in which sport can be used to promote youth development Now in a fully updated revised and expanded new edition Positive Youth Development through Sport covers a wider range of disciplines including sport psychology development psychology physical education sport development and sport sociology Its three main sections focus on the theoretical and historical contexts of PYD quantitative and qualitative methods for assessing PYD in sport the potential of PYD in sport across different ages and abilities With expanded guidance on how to apply positive youth development in practice this is essential reading for all students researchers educators practitioners and policy makers with an interest in youth sport

**Grace Is a Pre-existing Condition** David Finnegan-Hosey, 2020-02-17 Crucial conversations about mental health and mental healthcare from a faith perspective Emerging from David Finnegan Hosey's personal experience of living with a diagnosis deemed a preexisting condition by insurance companies Grace is a Pre existing Condition explores the theological and spiritual dimensions of our public discourse around mental healthcare and mental illness and finds there the transformative reality of grace The author's insights will be of benefit to anyone concerned about creating a more just healthcare system but particularly those who struggle with and care for those who struggle with mental health Though focusing on mental health including preexisting conditions and medical debt his observations are equally applicable to people dealing with a variety of physical and chronic illnesses While intentionally approaching the subject through the lens of Christian theology this book is a contribution to a broader conversation about healthcare policy a conversation which is likely to be in the spotlight in future political debates Combining the accessibility of personal narrative with issues receiving attention on the national scale Grace Is a Pre existing Condition can begin vital and creative dialogues at a crucial time for the church and the country

**Race: My Story & Humanity's Bottom Line** Lauren Joichin Nile, 2014-01-20 Lauren Joichin Nile introduces what she believes is humanity's racial bottom line with a compelling account of her personal experiences growing up in 1950's and 60's segregated New Orleans In so doing she posits what she believes is humanity's universal racial story Lauren explains how starting out from Southern Africa fully formed human beings over thousands of years walked out of Africa populated the entire rest of Planet Earth and over 2 000 generations physically adapted to their new environments gradually taking on the



appearance of the many races of modern day humanity making all of us literally one biologically related human family She then provides an abbreviated account of some of the most significant events of humanity's racial history and an explanation of how that history has affected the American racial present She also analyzes a number of controversial topics including whether there are truly superior and inferior races Finally Lauren shares what she believes are the specific actions that humanity must take in order to heal from our wretched racial past realize that across the planet we all truly can love one another and as a species walk into a wiser more empathetic compassionate human future Lauren Joichin Nile is an author keynote speaker trainer and licensed attorney who specializes in assisting organizations in increasing their emotional intelligence compassion and productivity The goal of her work with organizations is to help create environments in which understanding and kindness are valued and as a result every person is equally welcomed and uniformly appreciated irrespective of all demographic differences The goal of Lauren's speaking and training in the greater society is to help the human species grow in both wisdom and compassion

**Loving the Life Less Lived** Gail Marie Mitchell, 2017-01-26 Like many people Gail Marie Mitchell battled with anxiety and depression for many years finding it exhausting stressful and demoralising at times Realising that this approach to her condition was futile Gail chose a different approach acceptance Taking control in this way removed some of the pressure and enabled Gail to focus on developing coping strategies creating the tips and tools that are included in this empathetic and practical book Gail focuses on the positive aspects of her condition showing how a person living with mental illness is so much more than the label that society puts on them She found acceptance empowering enabling her to live her life to the full Perhaps not the life she had planned but one that is happy and fulfilling and that she loves She is *Loving the Life Less Lived* By sharing her experiences and describing what she learnt from them as well as the resulting coping strategies Gail has created an essential companion for anyone dealing with mental illness and their family and friends

**Archives, Recordkeeping and Social Justice** David A. Wallace, Wendy M. Duff, Renée Saucier, Andrew Flinn, 2020-05-10 Archives Recordkeeping and Social Justice expands the burgeoning literature on archival social justice and impact Illuminating how diverse factors shape the relationship between archives recordkeeping systems and recordkeepers this book depicts struggles for different social justice objectives Discussions and debates about social justice are playing out across many disciplines fields of practice societal sectors and governments and yet one dimension cross cutting these actors and engagement spaces has remained unexplored the role of recordkeeping and archiving To clarify and elaborate this connection this volume provides a rigorous account of the engagement of archives and records and their keepers in struggles for social justice Drawing upon multidisciplinary praxis and scholarship contributors to the volume examine social justice from historical and contemporary perspectives and promote impact methodologies that align with culturally responsive democratic Indigenous and transformative assessment Underscoring the multiplicity of transformative social justice impacts influenced by recordmaking recordkeeping and archiving the book presents nine case

studies from around the world that link the past to the present and offer pathways towards a more just future Archives  
Recordkeeping and Social Justice will be an essential reading for researchers and students engaged in the study of archives  
truth and reconciliation processes social justice and human rights It should also be of great interest to archivists records  
managers and information professionals

## Unveiling the Magic of Words: A Overview of "**My Story Of Mental Health**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**My Story Of Mental Health**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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### **My Story Of Mental Health Introduction**

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