

Short Paper

Stigma

Anon¹

¹ United Kingdom

Received: December 5, 2021 Accepted: December 29, 2021 Online Published: March 12, 2022

doi:10.22158/sshshr.v3n2p9

URL: <http://dx.doi.org/10.22158/sshshr.v3n2p9>

Political correctness is needed because it puts people off when they first develop symptoms for asking for help. They may end up homeless...

The labels signify that you are to be blamed for your illness, that they don't understand what is being designated and end up displaying ignorance towards the condition.

Bonkers signifies you deserve to be locked up

Many labels pick up on the different notions, meanings and manifestations of being mad that both explain and stigmatise schizophrenia.

Mad just means the loss of reason, and is nothing to worry about

Crazy means foolish, unsound

Insane the loss of sanity

Mental

Raving

Deranged means a disordered mind which is true of schizophrenia and there are some associations of danger here

Out to lunch loss of reality sounds dangerous

Nutty, potty, comical and eccentric it is a comedy about an illness that is not very funny—we can react by laughing but in some ways the laughter I subject to the perception of being dangerous as in the movie termination.

Nonsensical crackers crazy, bananas this again signifies comedy in that it doesn't make sense

Barking

Round the twist

Abnormal

Something wrong with your head

Deficient

Not mentally competent

Weird queer strange

Foolish

Lunatic and slang loony

Off your head danger

Nut, nut case and nut house

Psycho = disturbed and unstable

Bonkers

Off you head

Nuts is something wrong with your head

Hysteria

Unsound

Anti-psychiatry

The same system that stigmatises finances and runs the mental health system. Foucault thought that this just a system of care was just one of control including what I am about to say but for many patients and professionals working in the mental health system the care provided is gratefully received

What is provided here of how that care is experienced emotionally and is warm friendly compassionate and soothing and from a families point of view is loving plus a partners help is tender too...

The care I have received displayed compassionate and I felt warm and connected to the people I have met in the mental health system and I found talking things over has meant that there are people who genuinely care about the suffering the illness can inflict.

You can come to realise through the conversational experience in hospital with the eye contact and caring tone of voice. The staff are pleased to see you and have an ethos that they really want the best for you.

They are able to empathise with what you are going to and from there to sympathise with an emotional tone of voice you get the idea that they are there to look after you.

The realisation is that people have got an illness and like a physical illness this needs to be treated because the medical professions are sensitive to the suffering and are motivated to do something about it.

This attitude reflects an enlightenment and humane response to suffering which is part of the ethos of the doctors...

Gradually with the system you begin to feel better and the feelings of confinement begin to lessen as your health improves.

Much depends on understanding how the various parts of the mental health can aid recovery and how valuable the help is from a patients point of view.

We can lead a worthwhile life being ill within the confines of the mental health system even though many normal social options like work may not be available...

I think the mental health system can help though this is not true for everyone and there are still some problems with it...

It is necessary to understand things from the point of view of the people who work in mental health and the professionalism of the doctors, nurses and to get the idea that with all that training experience and

knowledge is all designed for helping people. There are the caring professions and like a physical illness they are there to nurse you.

The mostly stark example of the research that goes in to psychiatry is that they came up with the drug clozapine which cured many people for which they are very indebted to the help provided.

Families in particular are indebted to the doctor as someone they love is being cared for so that they don't pose a danger to themselves or else that their suffering might end.

To begin to understand the political value of the mental health system and also of psychiatry we have to establish if it meets the needs and requirements of the people who live within it.

To gauge this we must begin by looking at what these needs are and these are best outlined by Abraham Maslow hierarchy of needs.

The question then becomes how far are these needs actually being met.

Hospitals

Coercive role of being sectioned and detained when you don't want to be but all this can be accepted once we start to benefit from the mental health system and remember a third of people get cured.

Is hospital still a form of confinement? I think it depends for how long you are in for.

Role of compassion means the time you spend in hospital will be limited so it will not be that you are afraid you will never get out...which is a very threatening thought.

In hospital the place may feel like an institution and you will come to associate the place not as a refuge but as a prison.

Emotional on act maybe limited if everyone has their level three needs shut down through fear.

If the staff simply sit back and observe the place will be less supportive which will compound the problem.

Sometimes mental health services are stretched to the limit and staff levels are often leaving people on their own. That leaves everything down to drugs which are not always effective.

You get a named nurse.

One highlight is the food and in hospital you need a bit of pampering but your money gets taken off you until you get out. At this point it can be very empowering for someone with a disability.

Day centres

Stuff to make your brain work instead of just vegetating. With this emphasis on education which was my first love and not having to work was rather like going back to university and so got to love this aspect of the mental health system This can be stimulating and creates an interest in something in life.

Waddington Street has a minibus and a caravan to go to lovely relaxing places like to the coast...

Broadgate farm was an interesting idea as it gets you back to nature and is a little oasis of calm and again is something very relaxing.

Sheltered accommodation

Being sheltered was just that and was a refuge from the big bad world and the stigma and satisfied my safety needs.

Emotional support for people with mental health problems.

I feel privileged to have met the staff who were very interesting and intelligent people and I got to know them very well over the years and enjoyed their company when out and about, particularly when they took all out on holiday...

Like day centres it provides an opportunity to meet new people.

I ended up feeling like being at home living there and as with Maslow I got a sense of belonging

Lovely people with good social skills and having a chat with them can really cheer you up and not surrounded by illness all the time.

I learned to rely on them for motivation for cooking and cleaning and with support I learned the skills independently and eventually was moved on. There was no relapse with my level one needs and now they are introducing life style coaches to help with this further.

That allowed me to make my own rules and live the way I wanted.

But living at the project where you are under supervision was nothing like confinement and I enjoyed the time I spent there.

Unlike a day centre it was a 24/7 environment was got very emotionally motivated that all this full time social contact was better for getting to know the other people better and deepen friendship and was better for forming an organic community over time...

All this has been instrumental for independent living where you go from a full time staff working office hours as you carry on with these friendships and having a chat at the difficult times and talking things over means a friendship works just as well as staff member can do.

Family has also helped me with independent living.

Living at the project was like a hall of residence which works in a very similar way socially but can cause problems if you don't get on with someone socially.

The other side of all the contact at day centres is that for some people they don't work socially and can be left on their own. They may feel very deprived socially and emotionally isolated especially when they cannot access sheltered accommodation.

Also in a project you may not have a group of people who are in conflict with each other and are not compatible and this puts the emphasis on staff contact. Again this can be difficult because sometimes the staff are working full time in the office and are not available.

All of this staff and group contact and the lack of contact are important for meeting our emotional needs on Maslow's pyramid and that means the burden of emotional support on families who maybe too busy to provide it.

Lack of social contact means there is nothing to soothe the fear and so the symptoms may get worse and I feel the system of community care doesn't always work.

It maybe some projects are designed so that each person has their own house all on the same estate with a core house when it is needed. That can relax the stresses of group living and give you more independence than a collective house but that tends to operate the way a day centre and can leave you on your own.

Get to know them really well

Lack of work but you can volunteer. The point here is to be hopeful so that like John Nash even with severe symptoms there is still the chance of finding a job and doing something useful.