

KENT MESSENGER

Mental Health 2

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Last week I touched on the recession and the effects on mental health.

People with mental health problems can be isolated and feel that their views do not count. They may sometimes be unable to communicate their views because of their mental health problem. People in authority can disregard them because of their illness and other members of the public, including sometimes family and friends may discriminate against them because of the stigma attached to mental illness.

Mental illness is a problem with the brain, just like having a heart problem or another serious illness but mental illness manifests itself in odd behaviour and depression. I certainly experienced the isolation when I played the part of a schizophrenic for a TV documentary some 15 years ago.

Invicta Advocacy Network is able to represent and support people with mental health issues to speak up for them on any issue of concern. Please do not suffer in silence, there is free help and advice available.

Contact them on: 07918 698107 or email imca@invicta-advocacy-network.org.uk

