

Patient Controlled Alternatives To The Mental Health System

The Mental Health System is Broken

The mental health system is in crisis. It is underfunded, overstretched, and often ineffective. People with mental illness are often treated with medication and therapy that does not work, and they are often left to fend for themselves.



On Our Own: Patient-Controlled Alternatives to the Mental Health System by Judi Chamberlin

★★★★★ 5 out of 5

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There are many reasons why the mental health system is broken. One reason is that it is based on a medical model of mental illness. This model views mental illness as a disease that can be cured with medication and therapy. However, this model is often inaccurate and ineffective. Many mental illnesses are not caused by a medical condition, and they cannot be cured with medication or therapy.

Another reason why the mental health system is broken is that it is often stigmatizing. People with mental illness are often treated differently from other people, and they are often discriminated against. This stigma makes it difficult for people with mental illness to get the help they need.

Patient Controlled Alternatives

There are many patient controlled alternatives to the mental health system that can help you manage your mental health and improve your life. These alternatives are based on the idea that you are the expert on your own mental health, and that you have the power to heal yourself.

Some of the most common patient controlled alternatives include:

* **Self-help groups:** Self-help groups are groups of people who have come together to support each other in their recovery from mental illness. These groups can provide a safe and supportive environment where you can share your experiences and learn from others who have been through similar experiences. * **Peer support:** Peer support is a type of support that is provided by people who have personal experience with mental illness. Peer support can be provided in a variety of settings, such as one-on-one meetings, group meetings, and online forums. * **Alternative therapies:** Alternative therapies are treatments that are not part of the traditional mental health system. These therapies can include things like acupuncture, massage therapy, yoga, and meditation. * **Lifestyle changes:** Lifestyle changes can also have a significant impact on your mental health. Eating a healthy diet, getting regular exercise, and getting enough sleep can all help to improve your mental well-being.

Finding the Right Alternative for You

There is no one-size-fits-all approach to finding the right patient controlled alternative for you. The best way to find the right alternative is to talk to your doctor or therapist and to try out different options until you find one that works for you.

If you are struggling with mental illness, don't give up. There is hope. There are many patient controlled alternatives that can help you manage your mental health and improve your life.



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