

Rethinking Psychiatry



Alternative Mental Health Resources

Madness Radio

www.MadnessRadio.com

Go to the "Archive List" tab for more than 150 amazing radio interviews available immediately for streaming or downloading. Informative, uplifting, powerful.

Icarus Project: Navigating the Space between Brilliance and Madness

www.TheIcarusProject.net IcarusProjectPDX@gmail.com—for Portland chapter

Peer support groups and some fantastic free resources, like incredibly helpful and beautiful zines:

- [*Harm Reduction Guide To Coming off Psychiatric Medications*](#)
- [*Friends Make The Best Medicine Support Manual Draft*](#)

Mad In America

www.MadInAmerica.com

Great blogs from excellent journalists, survivors/peers and/or professionals.

MindFreedom

www.MindFreedom.org

Powerful, political, inspiring, informing, activist network.

Beyond Meds & Recovery from Schizophrenia

www.BeyondMeds.com & www.RecoveryFromSchizophrenia.org

Two big-hearted, fiercely intelligent, really reasonable blogs.

Rethinking Psychiatry--Dedicated to Creating a New Paradigm in Mental Health Care

www.RethinkingPsychiatry.org

Portland-based educational-activist group.

Film: Dialogues with Madwomen

www.wmm.com/filmcatalog/pages/c141.shtml

One of my favorite films and a favorite of Rethinking Psychiatry's 2014 film festival. Though it's from 1993, it is as fresh and relevant today. The film centers women, including women of color, and hearing their truths feels like a relief. I got it from the Multnomah County Library.

RethinkingPsychiatry@gmail.com
RethinkingPsychiatry.org

Films by Daniel Mackler—now free at www.youtube.com/watch?v=Q5EpnVdLvku

Coming Off Psych Drugs: A Meeting of the Minds

My favorite of his films. Immediately useful, even if you don't want to stop, but want to be a more informed consumer and find the lowest doses necessary to decrease side effects.

Films by Ken Paul Rosenthal

www.maddancementalhealthfilmtrilogy.com

Mad Dance Trilogy about bipolar/extreme mood states is beautiful, evocative and healing.

Eleanor Longden and Rufus May

www.youtube.com/watch?v=VRqI4lxuXAw Short, sweet video called Compassion for Voices;
www.ted.com/talks/eleanor_longden_the_voices_in_my_head?language=en TED Talk by voice hearer Eleanor Longden; www.youtube.com/watch?v=hNp-7DT2u8E "Living Mindfully with Voices," by voice hearer Rufus May

Intervoice--The International Hearing Voices Network

www.intervoiceonline.org

Find free peer support groups and lots of great information.

Crazy Meds

www.CrazyMeds.us

Their tag line is "Finding the Treatment Options that Suck Less," for the "mentally interesting, by the mentally interesting." This is a new site someone just recommended to me and I thought worth including.

Books

Anatomy of an Epidemic

"Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America, by the journalist Robert Whitaker, is one of the most disturbing, consequential works of investigative journalism I've read in a long time. Perhaps ever."

John Horgan, *Scientific American*

The book that inspired the formation of Rethinking Psychiatry!

The Courage to Heal

Beautiful, deeply respectful and gentle book by Ellen Bass and Laura Davis for women survivors of childhood sexual abuse. Such useful healing wisdom that I think it's useful for anyone healing from anything.

Compiled by Grace Silvia, July 2014. Rev. Nov 2016. **Feel free to share.**

RethinkingPsychiatry@gmail.com
RethinkingPsychiatry.org