

Hope in Mental Health Care FACTS

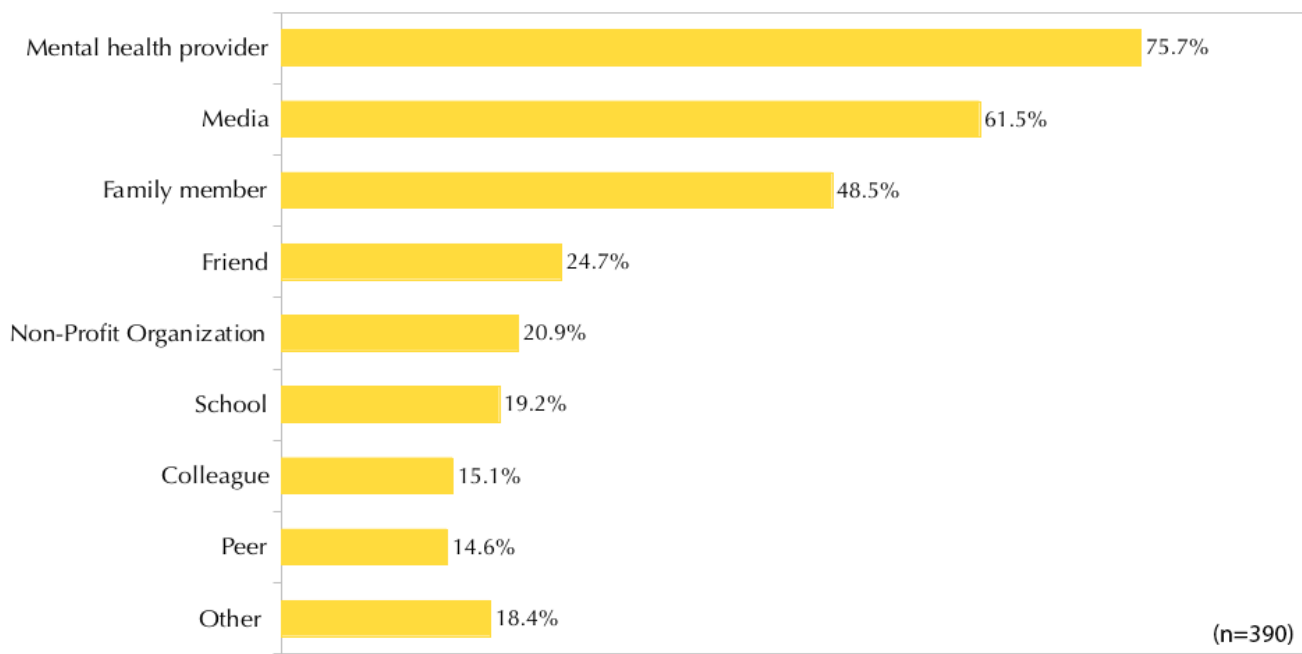
Countering messages of hopelessness



Where do messages of hopelessness come from?¹

Respondents who had received a psychiatric diagnosis overwhelmingly pointed towards the mental health system as the source of messages of hopelessness:

If you have ever received a hopeless message that your recovery from a mental health or emotional problem was unlikely, what was the source of that message?



- **64%** of respondents were never told by a mental health provider during their mental health care that recovery from their mental/emotional problem was possible, and **41%** were actually told by a mental health provider that recovery was impossible.
- **76%** were told by a mental health provider that they would have to take medications for the rest of their life.
- **49%** were specifically told by a mental health provider that they could not reach a personal goal (for example, education, career, independent housing, relationship, children, etc.) because of a psychiatric diagnosis.

¹ This fact sheet data represents respondents to MindFreedom's *Hope In Mental Health Care Survey* who reported receiving a mental health diagnosis (n=390).

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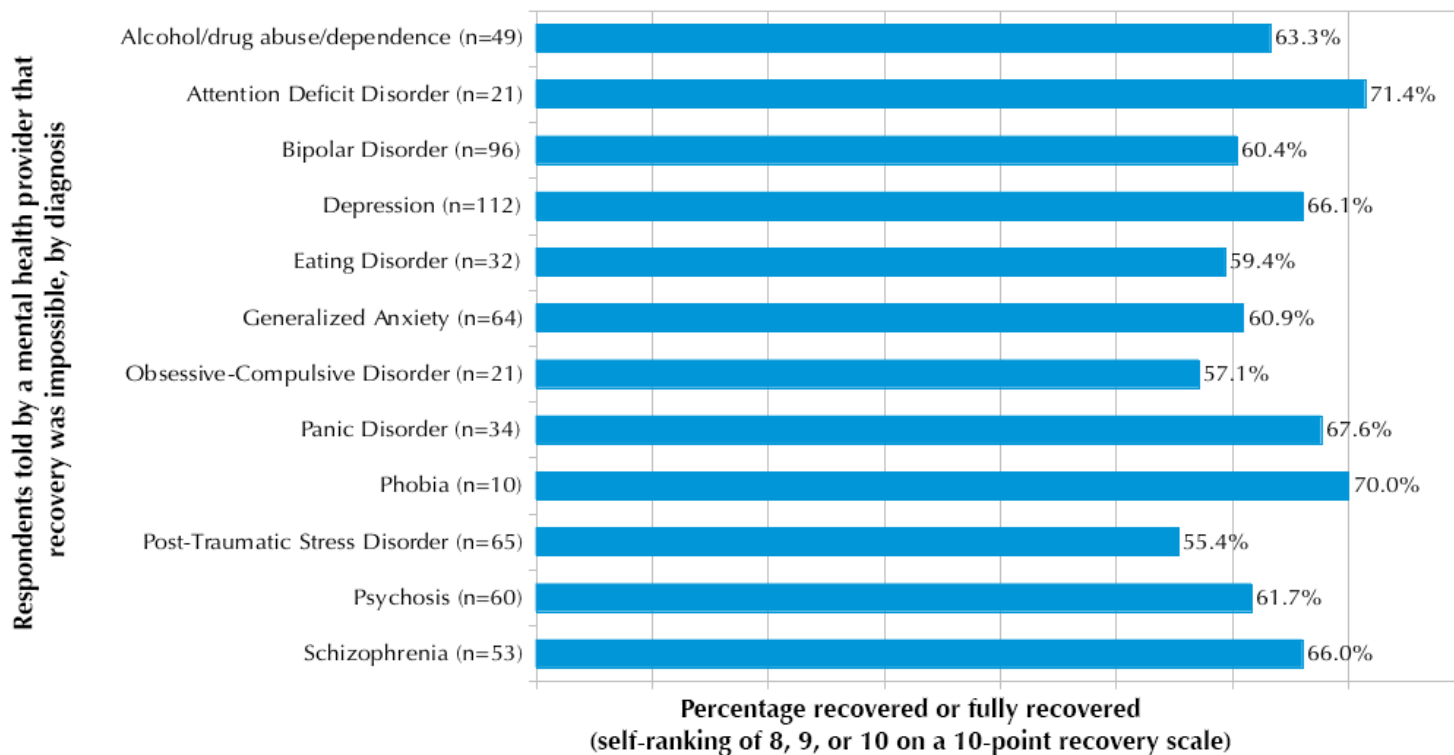
Countering messages of hopelessness



Are messages of hopelessness true?

For every diagnosis, a majority of respondents who were told that recovery was impossible are now recovered or fully recovered.

Prognosis vs. Outcome: Is recovery impossible?



Countering a Message of Hopelessness

I have always believed that I could be well even when providers told me I would never get well and may even die by suicide or be institutionalized for life... [Now] I am working full time supporting myself and helping others to find wellness in their lives. I use a WRAP [Wellness Recovery Action Plan] to stay well instead of focusing on being ill. I am free from self stigma and psychiatric medications.

Jennifer; once received a diagnosis of "psychosis"

Ranked self as "9" on 10-point recovery scale; off psychiatric medications for more than 1 year

This vast disconnect between prognosis (as predicted by mental health providers) and actual outcome (as reported by psychiatric survivors) forces us to ask the question:

Why send messages of hopelessness when they are so often untrue?

Learn more at: <http://igotbetter.org>

Hope in Mental Health Care FACTS

Recovery from a diagnosis of “depression”



Mental health care¹

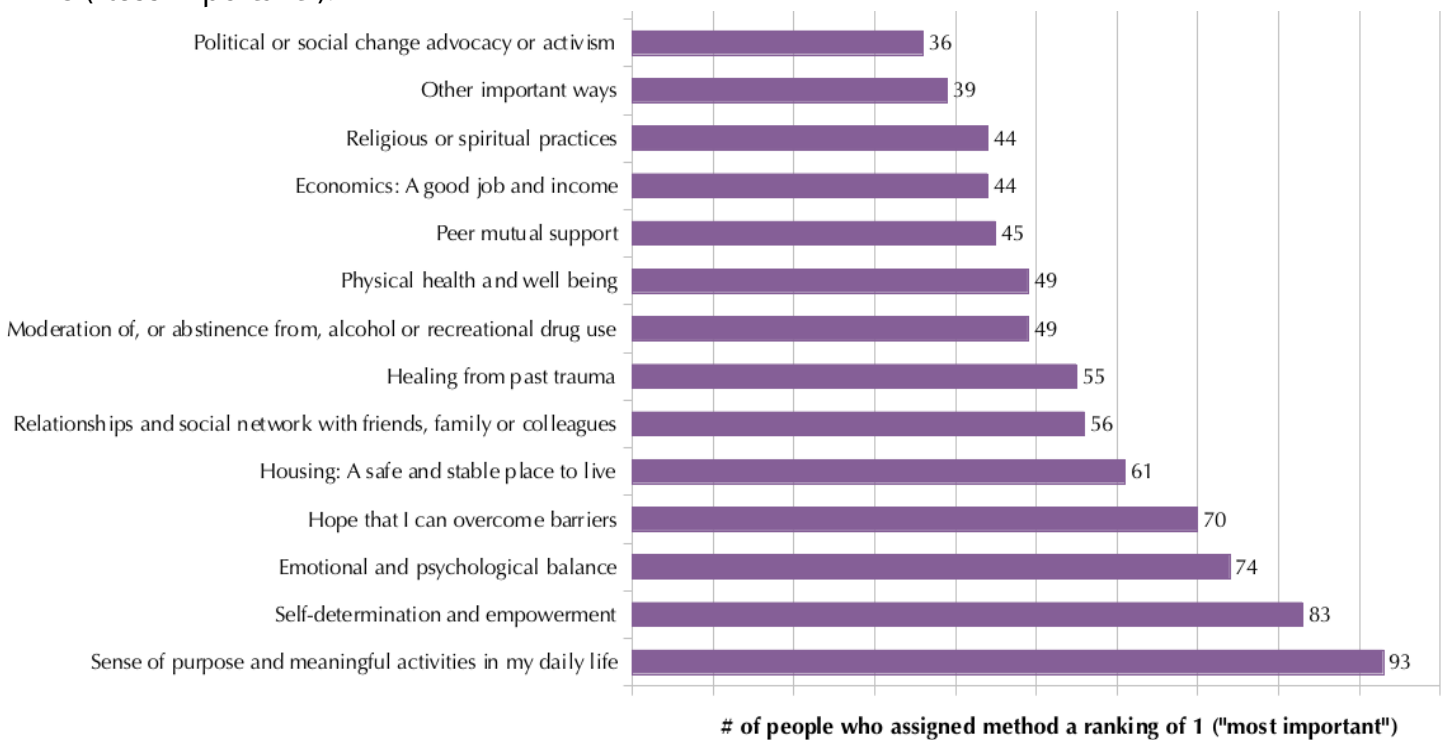
- **45.7%** of recovered individuals who received a “depression” diagnosis were once told by a mental health provider that recovery from their mental health or emotional problem was impossible
- **81.5%** said that their mental health care was primarily focused on “managing symptoms” (as opposed to reaching personal goals chosen by the individual)

Psychiatric medication

- **97.6%** of recovered individuals have taken a prescribed psychiatric medication, and **75.9%** were once told by a mental health provider they'd have to take medication for the rest of their lives. **47.2%** of recovered individuals are currently not taking psychiatric medication.
- **58.9%** have experienced serious physical health problems as a result of their psychiatric medications

Hope and recovery

Respondents were asked to rank different methods for maintaining recovery from a mental health or emotional problem. All items on the list were most commonly ranked as 1 (“most important”) except mental health services, which most commonly received the lowest ranking of 5 (“less important”).



¹ This fact sheet data represents respondents to MindFreedom's *Hope In Mental Health Care Survey* who reported receiving a diagnosis of “depression” and ranked themselves as 8, 9, or 10 on a 10-point recovery scale with 10 being “fully recovered.” (n=164)

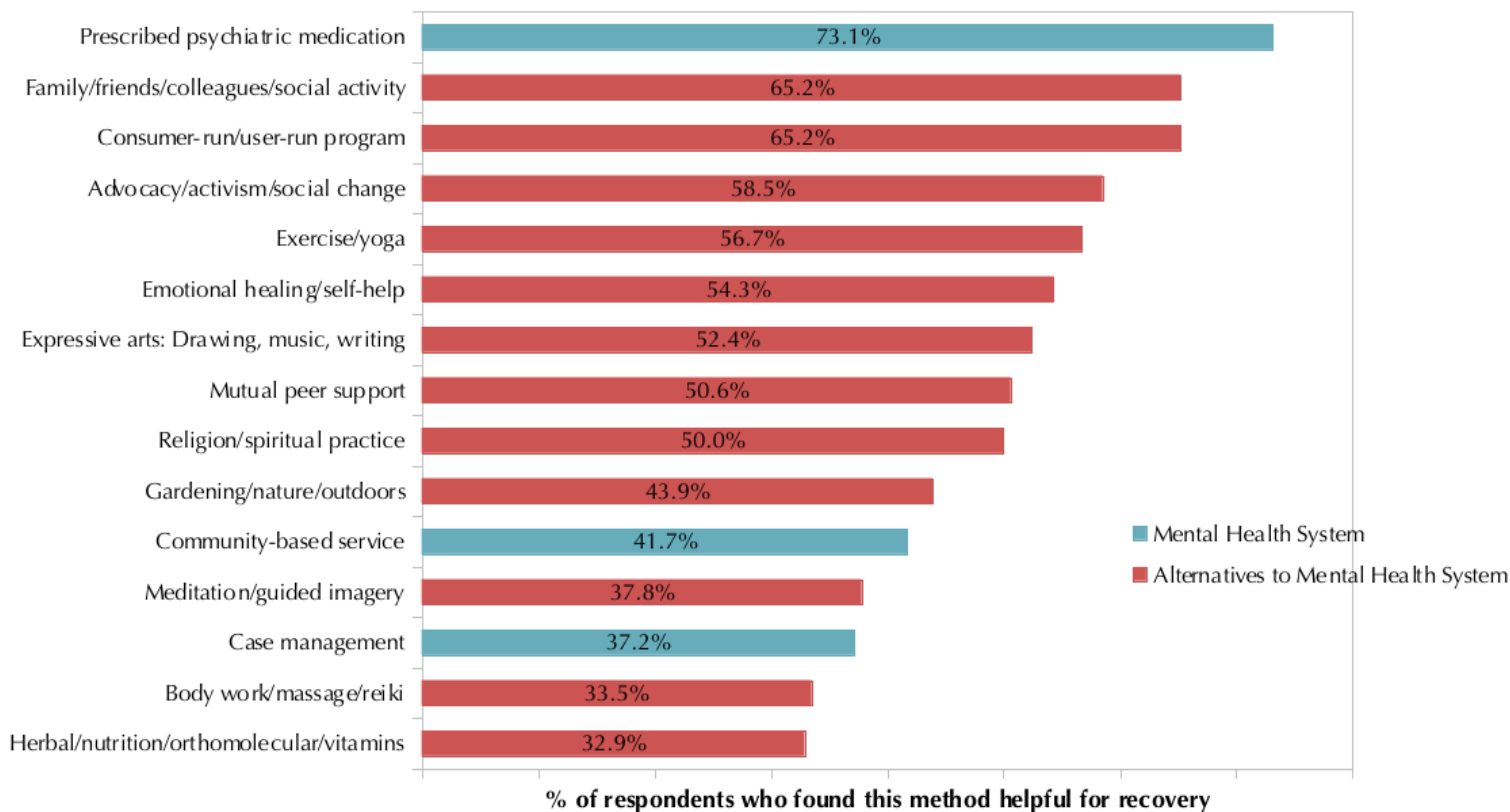
Hope in Mental Health Care FACTS

Recovery from a diagnosis of “depression”



Respondents selected both services *within* the mental health system and *alternatives* to the mental health system that they considered helpful to their recovery.

Top 15 Methods for Recovery from Depression:



A medication free recovery from a diagnosis of “depression”

Through taking them [psychiatric medications] and being prescribed them, I was under the impression that I was mentally sick and that this sickness lay solely within me, which is a flat-out lie. I can trace now how systematically I was taught to believe that I was defective and sick. After almost fifteen years, I no longer subscribe to that lie... Recovery means engaging in activities and "treatments" that nourish both body and soul, instead of taking drugs that make one "normal." A pill doesn't solve everything. A lot of emotional distress needs to be addressed on the soul level, the level of meaning-making. Through making new sense of the world, human beings recover.

Marylou; once diagnosed with “depression” and “bipolar”

Ranked self as “9” on 10-point recovery scale; off psychiatric medications for more than 1 year

Learn more at: <http://igotbetter.org>

Hope in Mental Health Care FACTS

Recovery from a diagnosis of “bipolar”



Mental health care¹

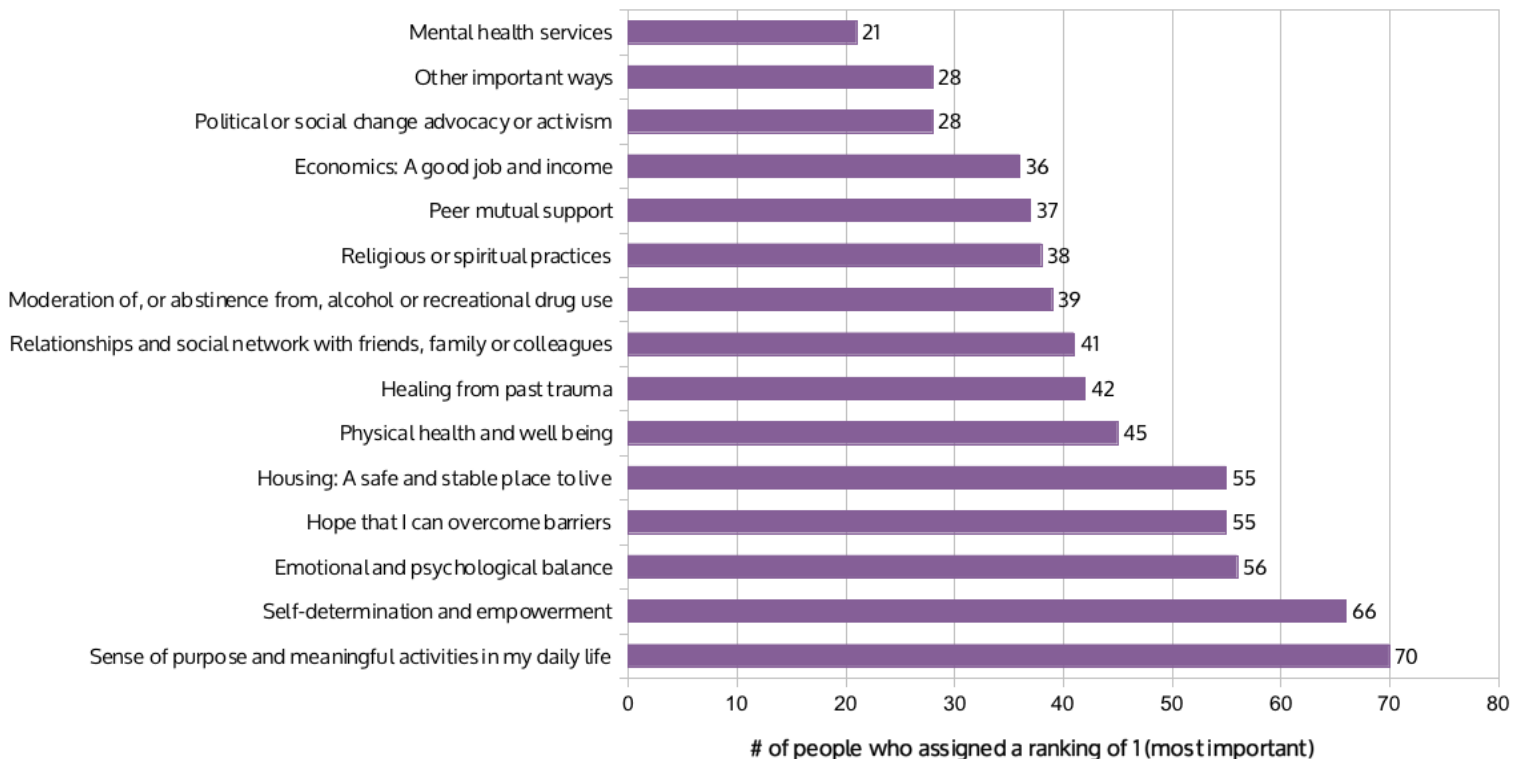
- **51.8%** of recovered individuals who received a “bipolar” diagnosis were told by a mental health provider that recovery from their mental health/emotional problem was impossible
- **86.7%** said that their mental health care was primarily focused on “managing symptoms” (as opposed to reaching personal goals chosen by the individual)

Psychiatric medication

- **100%** of recovered individuals have taken a prescribed psychiatric medication, and **89.4%** were once told by a mental health provider they'd have to take medication for the rest of their lives. **51.8%** of recovered individuals are currently taking psychiatric medication.
- **69.3%** have experienced serious physical health problems as a result of their psychiatric medications

Hope and recovery

Respondents were asked to rank different methods for maintaining recovery from a mental health or emotional problem. All items on the list were most commonly ranked as 1 (“most important”) except mental health services, which most commonly received the lowest ranking of 5 (“less important”).



¹ This fact sheet data represents respondents to MindFreedom's *Hope In Mental Health Care Survey* who reported receiving a diagnosis of “bipolar” and ranked themselves as 8, 9, or 10 on a 10-point recovery scale with 10 being “fully recovered.” (n=114)

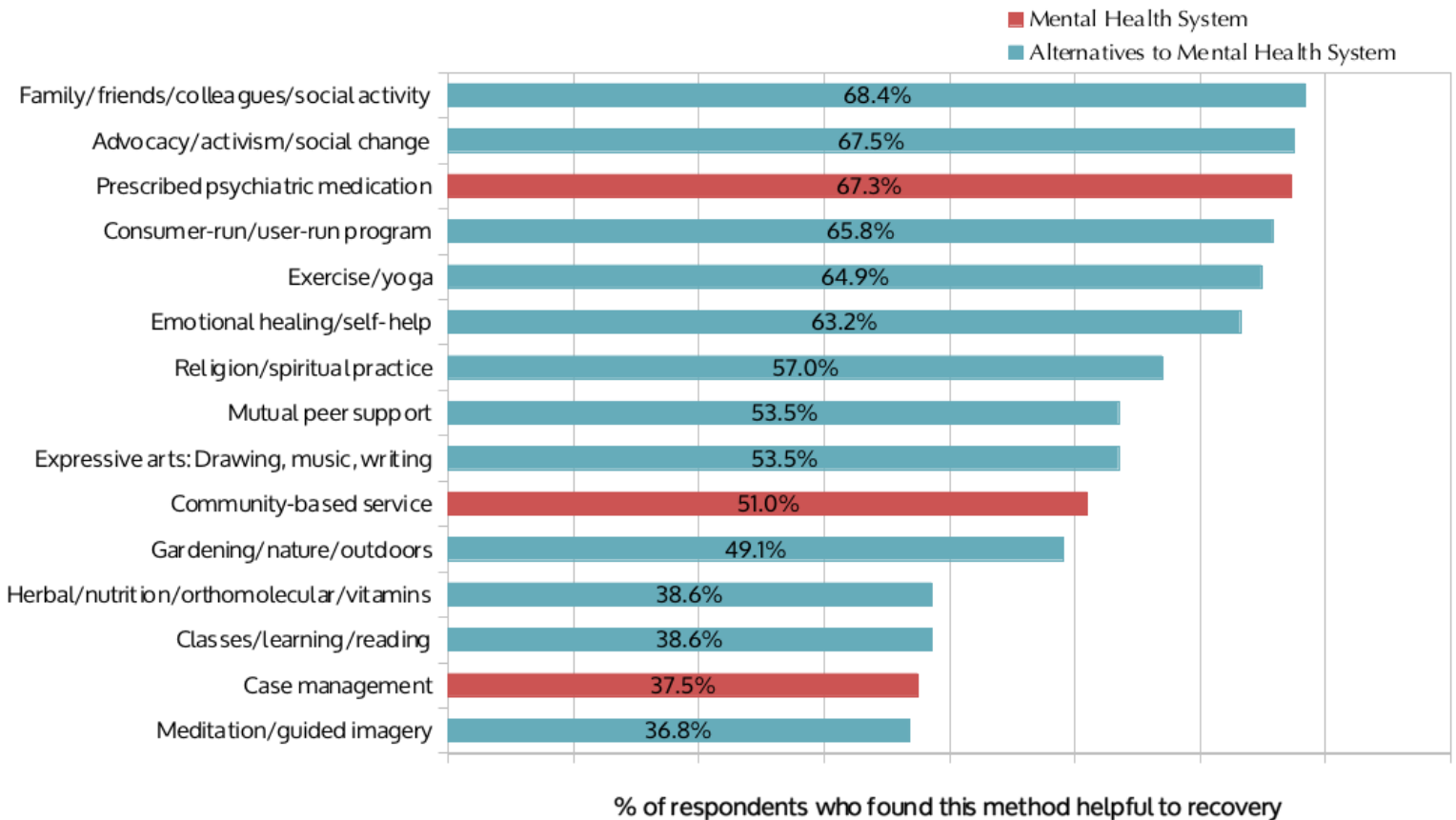
Hope in Mental Health Care FACTS



Recovery from a diagnosis of “bipolar”

Respondents selected both services *within* the mental health system and *alternatives* to the mental health system that they considered helpful to their recovery.

Top 15 Methods for Recovery from a Diagnosis of Bipolar:



A medication free recovery from a diagnosis of “bipolar”

The first time I read that I had a negative prognosis, I was 16. I read it in my treatment notes from a psychiatrist. I have often been told that I will require medication for life or will likely struggle with poor mental health forever. I have been treated as an incomplete or damaged human being by numerous doctors and mental health professionals.

Elizabeth; once diagnosed with “bipolar”

Ranked self as “9” on 10-point recovery scale; currently off psychiatric medications

Hope in Mental Health Care FACTS

Recovery from a diagnosis of “psychosis” and/or “schizophrenia”



Mental health care¹

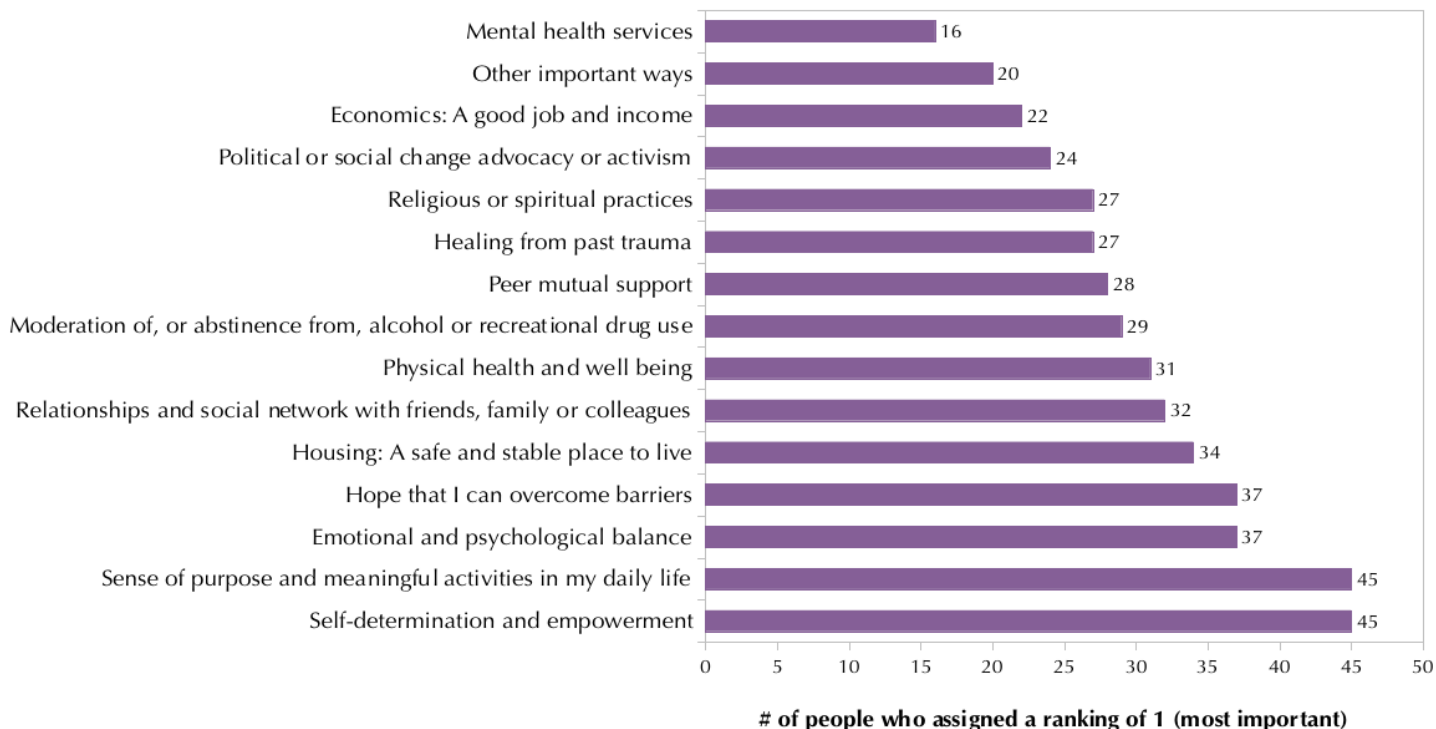
- **60.7%** of recovered individuals who received a “psychosis” and/or “schizophrenia” diagnosis were once told by a mental health provider that recovery from their mental health or emotional problem was impossible
- **83.3%** said that their mental health care was primarily focused on “managing symptoms” (as opposed to reaching personal goals chosen by the individual)

Psychiatric medication

- **98.9%** have taken a prescribed psychiatric medication; **51.7%** are currently taking prescribed psychiatric medication and **85.4%** were told by a mental health provider they would have to take medication for the rest of their lives
- **72.7%** have experienced serious physical health problems as a result of their psychiatric medications

Hope and recovery

Respondents were asked to rank different methods for maintaining recovery from a mental health or emotional problem. All items on the list were most commonly ranked as 1 (“most important”) except mental health services, which most commonly received the lowest ranking of 5 (“less important”).



¹ This fact sheet data represents respondents to MindFreedom's “Hope In Mental Health Care Survey” who reported receiving a diagnosis of “psychosis” and/or “schizophrenia” and ranked themselves as 8, 9, or 10 on a 10-point recovery scale with 10 being “fully recovered.” (n=90)

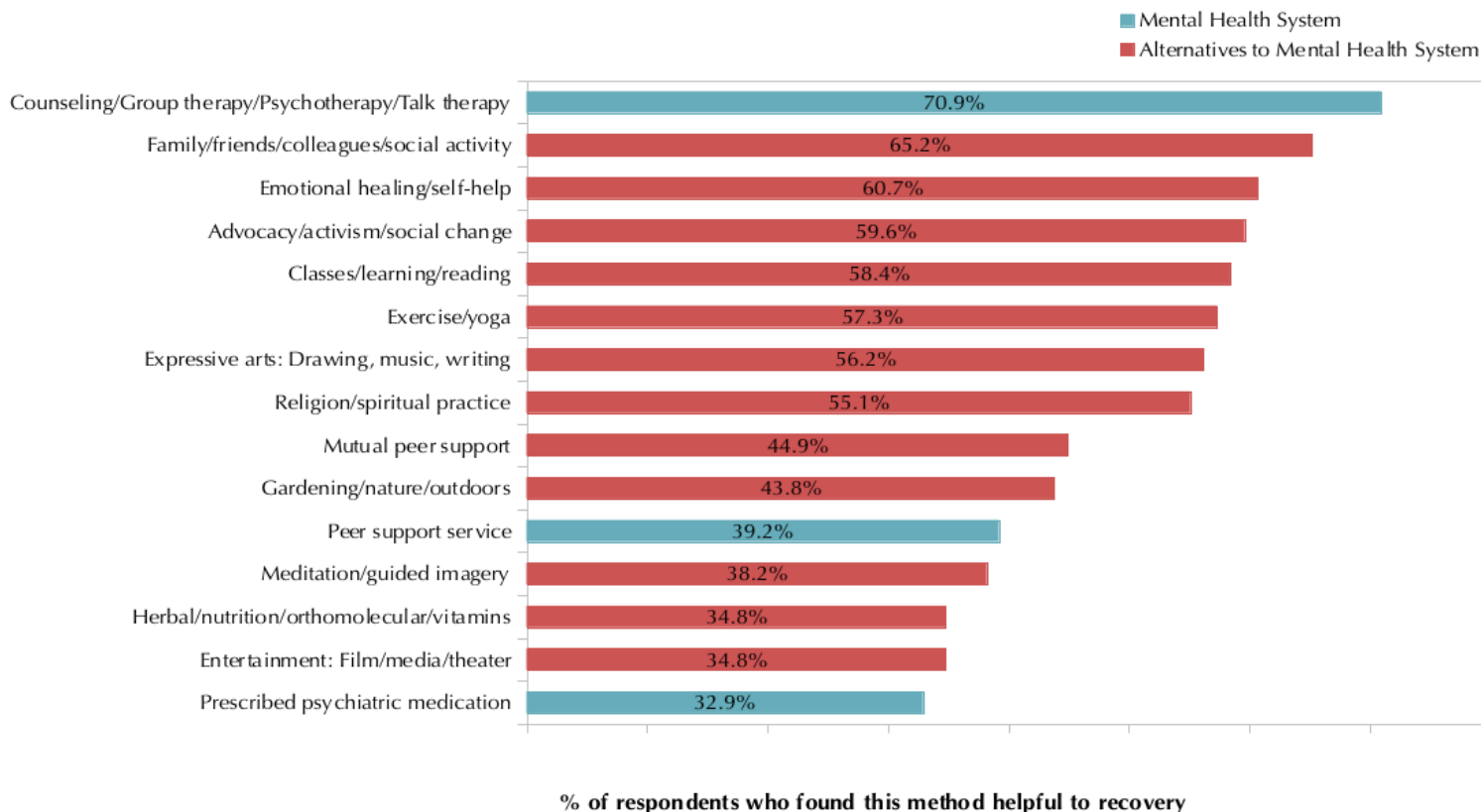
Hope in Mental Health Care FACTS

Recovery from a diagnosis of “psychosis” and/or “schizophrenia”



Respondents selected both services *within* the mental health system and *alternatives* to the mental health system that they considered helpful to their recovery:

Top 15 Methods for Recovery from a Diagnosis of Psychosis/Schizophrenia:



A medication free recovery from “psychosis”/“schizophrenia”

To me recovery means understanding that, whatever the emotional problem, it's not an illness, but rather an attempt to heal, a call to change one's life situation/circumstances, and a challenge — and chance — to grow personally...My primary goal when I went into therapy was to come to a better understanding of what was happening to me, and why..I think many people who do not experience crisis, or who do, but get trapped in the system, never get the opportunity to learn.

Marian B. Goldstein; once diagnosed with “psychosis” and “schizophrenia”
Ranked self as “10” on 10-point recovery scale; has never taken a psychiatric medication