

A Psychiatric Survivor's Book List

by Erick Fabris, Feb. 2007

This booklist is still growing and far from exhaustive. I would welcome any suggestions on adding to it. It includes newspaper articles, academic theses, and anything in between. It is an open, non-alphabetized, list of challenging readings regarding psychiatry, institutionalization and paternal law. The voice of psychiatric survivors is honoured, as are books on gender, race, class, and disability. Online sources are listed first in each section and may not be up to date. The sections of this list are:

1. psychiatric survivor experiences
2. 'family' writings
3. who's story is it?
4. psychiatry
5. history of psychiatry
6. de/institutionalization
7. legal rights
8. coercion and force in treatment
9. community treatment orders and assertive community treatment teams
10. 'stigma' and discrimination
11. the violence myth
12. gender, race, culture, and class interconnections
13. drugs (psychopharmaceuticals)
14. electroshock, lobotomy, sterilization, euthanasia
15. homelessness (under construction)
16. genetics
17. antipsychiatry and sociology of psychiatry
18. disability issues
19. feminism
20. self-recovery in long term studies
21. 'psychosocial' responses with minimal to no drug use
22. alternatives to psychiatric intervention
23. self-help and emotional guides
24. getting off 'medication'
25. philosophy
26. spirituality
27. misc (under construction)

Psychiatric Survivor Experiences

(Download a listing of First Person Narratives by Psychiatric Survivors at:
<http://www.psychiatricurvivorarchives.com/MadTitles.doc>

Canadian

Starkman, M. (1981). The movement. *Phoenix Rising: The Voice of the Psychiatrized*, 2(3), 2A.

Starkman, M. (1982). "Why I supported the sit-in". *Phoenix Rising: The voice of the psychiatrized*. August-September 1983. Volume 3, Number 1.

Supeene, S. L. (1990). *As for the sky, falling: A critical look at psychiatry and suffering*. Toronto: Second Story Press.

Gibson, M. (1976). *The Butterfly Ward*. Toronto: Harper Collins.

Shimrat, I. (1997). *Call Me Crazy: Stories from the Mad Movement*. Vancouver: Press Gang.

Funk, W., (1998). *What difference does it make? The Journey of a Soul Survivor*. Cranbrook, B.C.: Wild Flower.

Grant, R. (1982). "Outside the Butterfly Ward". *Phoenix Rising: The voice of the psychiatrized*. November 1982. Volume 3, Number 2.

Jull, I. (1997). Nietzsche, psychiatry and the state. *Psycho Magazine: Queen Street Patients Council Voice*, 8. Retrieved September 7, 2005, from <http://www.qsos.ca/qspc/psycho/8.html>

Mental Patients Association. (1974). *Madness unmasked: The mental patients association creative writing book*. Vancouver: Mental Patients Publishing Project.

Burstow, B. & Weitz, D. (Eds.). (1988). *Shrink Resistant: The Struggle Against Psychiatry*. Vancouver, Canada: New Star.

Everett, B. (2000). *A Fragile Revolution: Consumers and Psychiatric Survivors Confront the Power of the Mental Health System*. Waterloo, Ontario: Wilfrid Laurier University Press.

International

http://www.camhindia.org/first_person_stories.html
<http://www.suitcaseexhibit.org/indexhasflash.html>

- Linda Morrison *Talking Back to Psychiatry: The Consumer/Survivor/Ex-patient Movement*.
- Chamberlin, J. (1978). *On our own: Patient-controlled alternatives to the mental health system*. New York: McGraw-Hill.
- Chamberlin, J. (1990). "The ex-inmate's movement." *Journal of Mind and Behaviour*, 323.
- O'Hagan, M. (1993). *Stopovers on My Way Home From Mars*. UK: Survivors Speak Out.
- Modrow, J. (1995). *How to Become a Schizophrenic: The Case Against Biological Psychiatry* (2nd ed). Everett, Washington: Apollyon Press.
- Gotkin, J. & Gotkin, P. (1975). *Too Much Anger, Too Many Tears: A Personal Triumph Over Psychiatry*. New York: Quadrangle/ The New York Times Book Co.
- Barnes, M. and Berke, J. (1982). *Mary Barnes: Two accounts of a journey through madness*. Second edition. New York: Penguin Books.
- Behrman, A. (2002). *Electroboy: A memoir of mania*. London: Penguin Books.
- Greenberg, J. (1964). *I never promised you a rose garden*. New York: Signet.
- Jamison, K. R. (1993). *Touched with fire: Manic-depressive illness and the artistic temperament*. New York: Free Press Paperbacks.
- Markman, A. (1983). "The manufacture of madness: An interview with Samuel Delany." *Pheonix Rising: The voice of the psychiatrized*. Fall 1983. Volume 4, Number 2.
- Millett, K. (1990). *The Loony-Bin Trip*. New York: Simon and Shuster.
- Schreber, D. P. (2000). *Memoirs of my nervous illness*. (I. Macalpine and R.A. Hunter, Trans., Eds.). New York: New York Review Books.
- Dendron News.
- Hirsch, S., J.K. Adams, L.R. Frank, et. al. eds. *Madness Network News Reader*, San Francisco: Glide Publications.
- Richter, E.A. (2003). My schizophrenia. *Liberty*, 17(1). Retrieved August 12, 2005 from Liberty site: http://libertyunbound.com/archive/2003_01/richter-schizo.html

Gibson, Alan. (1976). *A mingled yarn*. London: William Collins Sons & Co.

Gordon, B. (1979). *I'm dancing as fast as I can*. New York: Bantam Books.

Historical

Reaume, G. (2000a). *Remembrance of patients past: Patient life at the Toronto Hospital for the Insane, 1870-1940*. Don Mills, Ontario: Oxford University Press.

Reaume, G. (2000b). Portraits of people with mental disorders in Canadian history. *Canadian Bulletin of Medical History*, 17(1-2), 93-125.

Anonymous. (1982). Five months in the New York State Lunatic Asylum. In D. Peterson (Ed.), *A Mad People's History of Madness* (pp. 108-122). Pittsburgh: University of Pittsburgh Press.

Belcher, W. (1997). Address to humanity: Containing, a letter to Dr. Thomas Monro: A receipt to make a lunatic and seize his estate; and a sketch of a true smiling hyena, 1796. In Allen Ingram (Ed.), *Voices of Madness: Four Pamphlets, 1683-1796* (pp. 129-135). Gloucestershire: Sutton Publishing.

Kempe, M. (1982). The book of Margery Kempe. In D. Peterson (Ed.), *A Mad People's History of Madness* (pp. 3-18). Pittsburgh: University of Pittsburgh Press

'Family' writings

Lyden, Jacki. (1997). *Daughter of the Queen of Sheba: A Memoir*. New York: Houghton Mifflin.

Shields, Mary Lou. (1981). *Sea Run: Surviving My Mother's Madness*. New York: Seaview.

Neugeboren, Jay. (1997). *Imagining Robert: Brothers, Madness and Survival: A Memoir*. New York: William Morrow.

Moorman, Margaret. (1992). *My Sister's Keeper: Learning to Cope with a Sibling's Mental Illness*. New York: Norton.

Helfgott, Gillian, with Alissa Tanskaya. (1997). *Love You to Bits and Pieces: Life with David Helfgott*. New York: Penguin.

Evans, Stan A. (2003). *Box of Mustaches: The Darkly Funny True Story of How Twin Brothers Survived Their Mother's Madness*. Lincoln, NE: iUniverse.

Townsend, Elizabeth. (1998). *Good Intentions OverRuled: A Critique of Empowerment in the Routine Organization of Mental Health Services* Toronto: University of Toronto Press.

Who's Story Is It? Narrative and other Sociological Issues

Conway, J.K. (1998). *When memory speaks: Reflections on autobiography*. New York: Alfred A. Knopf.

Peters, Susan (2000) Is there a disability culture? A syncretization of three possible world views, *Disability & Society*, 15, 4, pp. 583-601.

Barnes, Colin (1997a) Disability and the myth of the independent researcher, in Len Barton & Mike Oliver ed. *Disability Studies: Past, Present and Future* (Leeds: The Disability Press) pp. 239-243.

(1997). "Psychologist Hornstein urges therapists and lay people to listen to the mentally ill." *College Street Journal*, Vol. 10, No. 22. South Hadley, Massachusetts: Mount Holyoke College.

Mcclimens, A. (2004). What difference does it make who is speaking? Audience, ownership and authority in learning disability research. *Journal of Learning Disabilities*, 8(1), 71-88.

Williams, S. (2003) "Beyond meaning, discourse and the empirical world: Critical realist reflections on health." *Social Theory and Health*, 1:42.

Mishler, E.G. (2005). Patient stories, narratives of resistance and the ethics of humane care: *a la recherche du temps perdu*. *Health*, 9(4), 431-451.

MacNeil, C & Mead, S. (2005). A narrative approach to developing standards for trauma-informed peer support. *American Journal of Evaluation*, 26(2), 231-244.

MacNeil, C. (2000). The prose and cons of poetic representation in evaluating reporting. *American Journal of Evaluation*, 21(3), 239-367.

Frank, AW. (1993). The rhetoric of self-change: Illness experience as narrative. *The Sociological Quarterly*, 34, 39-52.

Kirmayer, L.J. (1992). The body's insistence on meaning: Metaphor as presentation and representation in illness experience. *Medical Anthropology Quarterly*, 6, 323-346.

Good, G. (1992). Identity and form in the modern autobiographical essay. *Prose Studies*, 15, 99-117.

Maine, D.R. (1993). Narrative's moment and sociology's phenomena: Toward a narrative sociology. *The Sociological Quarterly*, 34, 17-38.

Smith, D.E. (1987). *The everyday world as problematic: A feminist sociology*. Toronto: University of Toronto Press.

Smith, D.E. (1990a). *The ideological practice of sociology, the conceptual practices of power: A feminist sociology of knowledge*. Toronto: University of Toronto Press.

Elliot G. Mishler. (2005). Patient stories, narratives of resistance and the ethics of humane care: a la recherche du temps perdu. *Health*, Vol. 9, No. 4, 431-451.

Psychiatry

<http://www.abess.com/glossary.html>

A glossary of terminology used by psychiatric and psychology workers.

American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders (DSM IV)* (4th ed). Washington, D.C.: author.

Mental Health Act, RSO 1990, Chapter M. 7.

Mental Health Act, RSBC 1996, Chapter 288.

Torrey, E.F. (1997). *Out of the Shadows: Confronting America's Mental Illness Crisis*. New York City: John Wiley & Sons.

Torrey, E.F., & Zdanowicz, M. (1999). Op Ed: The right to mental illness? *New York Post*. May 28, 1999.

Sharfstein, S.S. (2005, August 19). Big pharma and American psychiatry: The good, the bad, and the ugly. A letter from the President of the American Psychiatric Association. *Psychiatric News*, 40(16).

History of Psychiatry

Foucault, Michel. (1965). *Madness and Civilization*. New York: Random House.

Marshall, J. (1982). *Madness: An Indictment of the Mental Health Care System in Ontario*. Toronto: OPSEU.

Simmons, H. (1990). *Unbalanced: Mental health policy in Ontario (1930-1989)*. Toronto: Wall & Thompson.

Dwyer, E., (1987). *Homes for the Mad: Life Inside Two Nineteenth-Century Asylums*. New Jersey: Rutgers University Press.

Bachrach, L.L., Goering, P. & Wasylenki, D. (Eds.). (1994). *Mental health care in Canada*. California, U.S.A.: Jossey-Bass Inc.

Gourlay, (1998). A Fiscal and Legislative Governance Map of the Canadian Health and Mental Health Systems. Health Promotions Unit, Health Canada. Ottawa.

Canadian Mental Health Association. (n.d.). *Chronology of reports, recommendations and plans for mental health care reform*. Retrieved November 10, 2005, from http://www.ontario.cmha.ca/content/mental_health_system/reform_chronology.asp

De/Institutionalization

Braun, P.B., Kochansky, G., Shapiro, R., Greenberg, S., Gudeman, J.E., Johnson, S., & Shore, M.F. (1981) Overview: Deinstitutionalization of psychiatric patients: A critical review of outcome studies. *American Journal of Psychiatry*, 138, 736-749.

Johnson, A.B. (1990). *Out of Bedlam: The truth about deinstitutionalization*. NY: Harper Collins Publisher.

Black, B.L. (1982). *The myth of deinstitutionalization: Interorganizational maintenance of the medical model in the community*. Unpublished doctoral dissertation, State University of New York at Stony Brook, New York, U.S.A.

Burris, D.V. (2004). *Why the policies of deinstitutionalization failed*. Unpublished masters thesis, State University of New York, New York, U.S.A.

Chambers, S.D. (1993). *Implementing the 1987 Draft Plan to downsize Riverview Hospital: Expanding the social control network (British Columbia)*. Unpublished masters thesis, Simon Fraser University, Vancouver, Canada.

Johnson, Kelley (1998) Deinstitutionalisation: The management of rights, *Disability & Society*, 13, 3, pp. 375-387.

Legal Rights

Canadian

<http://www.archdisabilitylaw.ca/index.asp> [disability law resource]

Caulfield, T., Downie J., & Flood, C. (Eds). (2002). *Canadian health law and policy* (2nd ed). Toronto: Butterworths.

Bay, M. (2003). The evolution of mental health law in Ontario. In *Mental Health and Patients Rights in Ontario: Yesterday, Today and Tomorrow. 20th Anniversary Special Report* (pp. 14-16). Toronto, Ontario: Psychiatric Patient Advocate Office.

Secker, B. (2001). *Medico-Legal jurisdiction over human decision-making: A philosophical constructionist analysis of mental competence*. Unpublished doctoral dissertation, University of Toronto, Toronto, Canada.

Bach, M. (2004). *Competent / incompetent: Questioning the legal and social boundaries of personhood*. Unpublished doctoral dissertation, Ontario Institute for Studies in Education of the University of Toronto, Toronto, Canada.

Petrunik, M. (2003). "The hare and the tortoise: Dangerousness and sex offender policy in the United States and Canada." *Canadian Journal of Criminology and Criminal Justice*, 45: 43.

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International

Perlin, M.L. (2000). *The Hidden Prejudice: Mental Disability on Trial*. Washington D.C.: American Psychological Association.

Dallaire, B., McCubbin, M., Morin, P. & Cohen, D. (2001). "Civil commitment due to mental illness and dangerousness: The union of law and psychiatry within a treatment-control system." In Busfield, J. (ed.), *Rethinking the Sociology of Mental Health*. Oxford: Blackwell.

Dell, S. (1982). "Diminished responsibility reconsidered." *Criminal Law Review*. 809.

Fraser, D. (1991). "Still crazy after all these years: A critique of diminished responsibility." In Yeo, S.H.H. (ed.), *Partial Excuses to Murder*. Sydney: The Federation Press.

Laberge, D. Landreville, P., & Morin, D. (2000). "The criminalization of mental illness: A complex process of interpretation." In Beaman, L.G. (ed.). *New Perspectives on Deviance: The Construction of Deviance in Everyday Life*. Scarborough, ON: Prentice Hall Alyyn and Bacon, Canada.

Eastman, N. (1994). Mental health law: civil liberties and the principle of reciprocity. *British Medical Journal*, 308, 43.

Beck, A.T, Baruch, E., Balter, J.M., Steer, R.A., & Warman, D.M. (2004). A new instrument for measuring insight: the Beck Cognitive Insight Scale. *Schizophrenia Research*, 68(2-3), 319-329.

McCabe, R. & Quayle, E. (2002). Knowing your own mind. *Psychologist*, 15(1), 14-16.

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Kleinman, I. & Schachter, D. (2000). Obtaining informed consent of patients at risk of Neuroleptic Malignant Syndrome. *Psychiatric Services*, 51, 1182-1183.

Human Rights Watch. (2005). Uzbekistan: Psychiatric drugs used to punish activist. Retrieved November 12, 2005, from Human Rights News site: <http://hrw.org/english/docs/2005/10/21/uzbeki11908.htm>

Ingrid Ménard, Nicol Korner-Bitensky, Bonnie Dobbs, Nicola Casacalenda, Philip R Beck, Isabelle Gélinas, Frank J Molnar, Gary Naglie. (2006). Canadian Psychiatrists' Current Attitudes, Practices, and Knowledge Regarding Fitness to Drive in Individuals With Mental Illness: A Cross-Canada Survey. *Can J Psychiatry*, Vol 51, No 12, November 2006 novembre. p. 836.

Gillman, Maureen, John Swain & Bob Heyman (1997) Life history or case history: The objectification of people with learning difficulties through the tyranny of professional discourses, *Disability & Society*, 12, 5, pp. 675-693.

Coercion and Force in Treatment

Goffman, E. (1961). *Asylums: Essays on the Social Situation of Mental Patients and Other Inmates*. New York: Doubleday Anchor.

O'Hagan, M. (2003) *Force in mental health services: International user/survivor perspectives*. Paper presented at the World Federation for Mental Health Biennial Congress, Melbourne, Australia.

- Caplan, R.B. & Caplan, G. (2001). *Helping the Helpers Not to Harm: Iatrogenic Damage and Community Mental Health*. New York: Brunner-Routledge.
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- Leifer, R. (2001). A critique of medical coercive psychiatry, and an invitation to dialogue. *Ethical Human Sciences & Services*, 3(3).
- Lopez, S. (2005, August 3). Officials bicker as mentally ill wither. *Los Angeles Times*.
- Dennis, D., & Monahan, J. (Eds.). (1996). *Coercion and Aggressive Community Treatment: A New Frontier in Mental Health Law*. New York: Plenum Publishing Corporation.
- Sjostrom, S. (1997). *Party or Patient: Discursive Practices Relating to Coercion in Psychiatric and Legal Settings*. Umea, Sweden: Borea Bokforlag.
- Miller, R. D. (1982). The least restrictive alternative: Hidden meanings and agendas. *Community Mental Health Journal*, 18(1), 46-55.
- Swartz, M. S., Wagner, H. R., Swanson, J. W., & Elbogen, E. B. (2004). Consumers' perceptions of the fairness and effectiveness of mandated community treatment and related pressures. *Psychiatric Services*, 55(7), 780-785.
- Iversen, K.I., Hoyer, G., Sexton, H., Gronli, O.K. (2002). Perceived coercion among patients admitted to acute wards in Norway. *Nordic Journal of Psychiatry*. 56(6), 433-439.
- Farabee, D., Shen, H. & Sanchez, S. (2002). Perceived coercion and treatment need among mentally ill parolees. *Criminal Justice and Behavior*, 29(1), 76-86.
- Elbogen, E. B., Swanson, J. W., & Swartz, M. S. (2003). Effects of legal mechanisms on perceived coercion and treatment adherence among persons with severe mental illness. *The Journal of Nervous and Mental Disease*, 191(10), 629-637.
- Levy, R. (1994). Involuntary treatment: Walking the tightrope between freedom and paternalism. In C.J. Sundram (Ed.), *Choice and Responsibility: Legal and Ethical Dilemmas in Services for People with Mental Disabilities*. New York: N.Y.S. Commission on Quality of Care for the Mentally Disabled.

- Prestwich, P. (1994). "Family strategies and medical power: "Voluntary" committal in a Parisian asylum, 1876-1914." *Journal of Social History*, 27:803.
- Lidz, C.W., Mulvey, E.P., Hoge, S.K., Kirsch, B.L., Monahan, J., Eisenberg, M., Gardner, W., Roth, L.H. (1998). Factual sources of psychiatric patients' perceptions of coercion in the hospital admission process. *American Journal of Psychiatry*, 155: 1254-1260.
- Allen, J.B. (1999). Ethical issues on coercion research in mental health systems. In J.P. Morrissey & J. Monahan (Eds.), *Coercion in mental health service -- international perspectives*. Stamford, Conn: JAI Press.
- Borum, R., Swartz, M., Riley, S., Swanson, J., Hiday, V.A. & Wagner, R. (1999). Consumer perceptions of involuntary outpatient commitment. *Psychiatric Services*, 50, 1489-1491.
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- Canvin, K., Bartlett, A., & Pinfold, V. (2002). A 'bittersweet pill to swallow': Learning from mental health service users' responses to compulsory community care in England. *Health and Social Care in the Community*, 10(5), 361-369.
- Lenzer, J. (2004). Bush launches controversial mental health plan. *British Medical Journal*, 329, 367.
- Stip, E. & Rialle, V. (2005). Environmental cognitive remediation in schizophrenia: Ethical implications of "Smart Home" technology. *Canadian Journal of Psychiatry, Revue Canadienne De Psychiatrie*, 50, 281-291.

CTOs and ACT (Community Treatment Orders and Assertive Community Treatment Teams)

Canadian

<http://www.qsos.ca>

Community Treatment Orders: Ontario Legislated Review. (2004, November 19). *CTO Project Update Blog*. Dreezer & Dreezer, Inc. Retrieved August 10, 2005, from <http://www.ctoproject.ca/index.html>

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<http://www.qsos.ca/qspc/nfc/news.html>
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White, H., Whelan, C., Barnes, J.D. & Baskerville, B. (2003). Survey of consumer and non-consumer mental health service providers on Assertive Community Treatment teams in Ontario. *Community Mental Health Journal*, 39(3), 265-276.

Everett, B. (2001). Community treatment orders: Ethical practice in an era of magical thinking. *Canadian Journal of Community Mental Health*, 20(1), 5-20.

International

<http://www.bazelon.org/issues/commitment/positionstatement.html>

Switzky, H.N. & Miller, T.L. (1978). The least restrictive alternative. *Mental Retardation*, 16(1), 52-54.

Torrey, E.F., & Zdanowicz, M. (2001). Outpatient commitment: What, why, and for whom. *Psychiatric Services (Washington, D.C.)*, 52(3), 337-341.

Treatment Advocacy Center. (2005). *Treatment Advocacy Center briefing paper: Assisted outpatient treatment*. Retrieved November 6, 2005, from <http://www.psychlaws.org/BriefingPapers/BP4.htm>

Ridgely, M. S., Borum, R., Petrila, J., RAND Health, Institute for Civil Justice, & California. Legislature. Senate. Rules Committee. (2001). *The effectiveness of involuntary outpatient treatment: Empirical evidence and the experience of eight states*. Santa Monica, California: RAND Health, RAND Institute for Civil Justice.

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'Stigma' and Discrimination

- Gilman, Sander (1982) *Seeing the Insane* (New York: Wiley & Brunner/Mazel)
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- Wahl, O.F. (1995). *Media Madness: Public Images of Mental Illness*. New Brunswick: Rutgers University Press.

Tomkins: Shame and Its Sisters, A Silvan Tomkins Reader. Ed. Sedgewick, E.K. & Frank, A. Duke University Press, Durham.

Katz, I (1981). *Stigma: A Social Psychological Analysis*. Lawrence Erlbaum Associates, Publ. New Jersey.

The Violence Myth

Steadman, H.J., Mulvey, E.P., Monahan, J., Robbins, P.C., Appelbaum, P.S., Grisso, T., Roth, L.H. & Silver, E. (1998). Violence by people discharged from acute psychiatric inpatient facilities and by others in the same neighborhoods. *Archives of General Psychiatry*, 55, 393-401.

Monahan, J. (1996). Violence prediction: the past twenty and the next twenty years. *Criminal Justice and Behavior*, 23, 107-120.

Monahan, J. & Hood, G. (1978). Ascriptions of dangerousness: The eye (and age, sex, education, location, and politics) of the beholder. In R. Simon (Ed.), *Research in Law and Sociology* (pp. 143-151). Greenwich, Conn.: Johnson.

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Gender, Race, Culture, and Class (also see Feminist Critiques)

Bonney, Norman (1998) The class war continues, *Sociology*, 32, 3, pp. 601-605.

Katz, Michael (1983) *Poverty and Policy in American History* (New York: Academic Press).

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<http://www.socwel.ku.edu/mentalhealth/Consumer%20as%20provider%20project/consumer%20as%20provider%20project.htm>

<http://www.mentalhealthpeers.com/pdfs/peersupport.pdf>

<http://www.bipolarhappens.com/?gclid=CMD5y4Xw6ogCFQ30JAodazpzow>

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