

# Nine uncomfortable truths about “mental health” and psychiatry

1. Psychiatric “diagnoses” are unscientific, libelous, stigmatizing character assassinations.
2. Psychiatric drugs, including “antidepressants” and neuroleptics (“antipsychotics”) are poisons, not medicines. They have no specific action on the brain other than to damage it. Their “side effects” are in fact direct effects that include permanent neurological disorders.
3. Electroshock (“electroconvulsive therapy”) is a memory-destroying, brain-damaging, and traumatic psychiatric procedure mainly administered to vulnerable women and the elderly. Many people think this abusive “treatment” is no longer used, but in fact it is being used more frequently, to “treat” more “mental illnesses,” and on more “target populations,” than ever before. Even children are increasingly being electroshocked.
4. “Seclusion,” or “locked seclusion,” routinely used as a “treatment” in the psychiatric system, is solitary confinement, which is torture.
5. “Involuntary committal” in the psychiatric system is preventive detention, a human rights violation.
6. All state, provincial and federal governments support and promote coercive institutional psychiatry. All mental health legislation legitimizes coercive, harmful, and unethical psychiatric procedures. “Medical” psychiatric procedures administered in psychiatric facilities, including “community mental health centres,” are coercive, traumatic and physically damaging, and should be against the law.
7. The corporate media and Big Pharma (transnational drug companies) promote the lucrative myths of “mental illness,” “mental health” and psychiatric ideology, including the discredited “chemical imbalance” theory.
8. Disproportionately large numbers of Black, Latino, Indigenous and other non-white people, as well as non-English-speaking refugees, migrants and immigrants, are incarcerated in the psychiatric facilities, as they also are in prisons – a clear indication of systemic racism.
9. Prisoners’ rights associations, patients’ rights groups, and antipsychiatry organizations oppose psychiatric and state oppression; they promote public education, activism, respect, dignity, and empowerment.

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