

How to Use This Bulletin Board

We are going to use this page as a means of collective contact amongst psychiatric survivor/ex mental patients. As with all sites like mine, this is a good way to get out of psycho-social isolation, feel connected to those with similar experiences, and to share what helps and what does not help. There are more and more places to do this all the time. I don't think there can be 'too many.'

Please remember that this one is a **PUBLIC** board so that anyone can see what you have to say. I have access to your addresses and e-mails when you register but you do not have to use your real name or otherwise expose your identity. Note the choice to do so. One way you can contribute and use a visible e-mail address is to create one with a public pseudonym and use it **only** for talking in groups. Of course you will likely get a lot of spam as well but at least it will not go to your 'real' address.

The server owner who 'rents' me his tools and basic creation has access to anything you post here as well but it will not be used in any way **UNLESS** you say something that is breaking the laws. If you were to threaten anyone with violent action or suggest you were going to commit murder and/or suicide for example, I would be under a legal obligation to report that so, **DON'T DO IT.**

Also please do not indulge in 'flaming' (generalised hatred, provocation and name calling or intimidation, for example directed at board members or anyone else) or use foul language to express your anger. It is OK to express emotions and to feel angry just watch the **WAY** you choose to do it.

I want to keep my 'G' rating so that a ten year old could read this without blushing, feeling frightened, or learning some new words that would still shock even **me** as an old lady... so please watch your way of expressing yourself. I do not have a lot of time on line so if anyone notices a problem with any posts please bring it to my attention by sending me a message, directing me to the problem post by sending it to my E-Mail address at the bottom of the page: **Patricia@CounterPsych.com**. Please include the offending link if you would.

You **may** 'whine and complain' here about how you have been treated by the mental illness system , or friends and family if it applies, but do not **specifically** name people , psychiatrists or hospitals as that will only cause both you and I more problems with them we do not need. Keep the real

names out of your board posts please. Yes I do name some in my own case but I ALSO have some actual **concrete** evidence to support my complaints.

Do not argue with others who post here in an effort to dominate them. Most of us have had more than enough of that stuff. That does not mean you can't express a differing opinion. It just means you must do it a mutually respectful way. A good way to do that is by sticking to a language style in which you express **either** a belief in certain concepts and principles, or you speak from **the first person singular**, or both. That gives us **all** the right to free speech and the personal empowerment that results from that while accepting that others have the right to do the same. (If I like hot dogs and you prefer hamburgers it does not have to be a power struggle but only facts which make us different, rather than "superior/inferior." It is when we **IMPOSE** our point of view on others that problems develop so let's not all become like those who dictate to us who we are going to be, and how we are going to feel about it. Please do not 'third party' on someone on this board. I.E. "I think that 'so and so' is just awful to you Calliope so let's just ignore **HER**." Since we have all been discussed in our presence like we are not really there, let's not continue the dysfunctional practice here.

Please do not give advice or tell anyone that they either 'should' or 'should not' be on medication. Some of us are on meds and some not.

Staying in the first person may not **seem** like much to you but in fact, it has its own metaphysical 'magic.' Try it for awhile and you will see what I mean. It allows you to self define while permitting others to do the same and you will **FEEL** an increase in personal power if you do it.

You will have to register to the site to use the board. Do NOT use the same password for registration as you do for your e-mail. Keep the integrity of your personal boundaries intact. For detailed instructions on registration and how to use this board, technically speaking, please download the other doc. File entitled "**How to Register, Sign In and Contribute Here.**"

Remember that this is a public Board which means that anyone can register here and no doubt, some of them will be the usual 'observers' finding us 'loons' ever so 'fascinating' so bear that in mind, but don't let it bother you. In fact, use the fact that our 'monitors' are everywhere and give them some new information to hear that it is unlikely they would ever get from those teaching them how to understand 'us.'

You might begin by discussing something you have read or seen here, that struck a chord of recognition for you. I think you will find that is true for others also.

If we build it, they will come. If enough of us get together we just might bring that 'delusion' we share in psychosis about 'saving the world' into concrete reality. Imagine how it would feel if it turned out that on a collective level we were **right** about that after all?

Let's build it together and welcome.