

# Improving Mental Health Outcomes

- The mental health system, with its overreliance on psychiatric drugs, increases, rather than decreases harm, both to the person identified as having the mental health problem and others.
- The overreliance on psychiatric drugs reduces the recovery rate of people diagnosed with serious mental illness from a possible 80% to 5%.
- The overreliance on psychiatric drugs shortens life spans by 20-25 years on average for people diagnosed with serious mental illness.
- The overreliance on psychiatric drugs, especially the neuroleptics, misleadingly marketed as antipsychotics, result in catastrophically diminished quality of life for a large proportion of people administered them, often against their will.
- Involuntary psychiatric interventions such as psychiatric confinement, forced drugging and forced electroshock are very counterproductive and harmful.
- Psychiatric confinement is massively associated with suicide
- Involuntary psychiatric interventions violate international law.
- While some people find the drugs helpful, they should never be forced on people.
- Children should never be given psychiatric drugs; instead they should be helped to manage their emotions and become successful, and their parents should be helped to become better parents.
- Getting people well and productive members of society instead of keeping them sick and on government transfer payments, such as Supplemental Security Income and Social Security Disability Income, is a fiscal benefit.
- There are proven, effective, safe and non-coercive approaches that should be used instead to achieve this including, but not limited to:
  - Peer Respite,
  - Soteria Houses,
  - Open Dialogue,
  - Drug-Free Hospitals,
  - Housing First,
  - Employment,
  - Warm Lines,
  - Hearing Voices Network,
  - Non-Police Community Response Teams, and
  - emotional CPR (eCPR)

Source: Report on Improving Mental Health Outcomes.

<https://psychrights.org/ReportOnImprovingMentalHealthOutcomes.pdf>