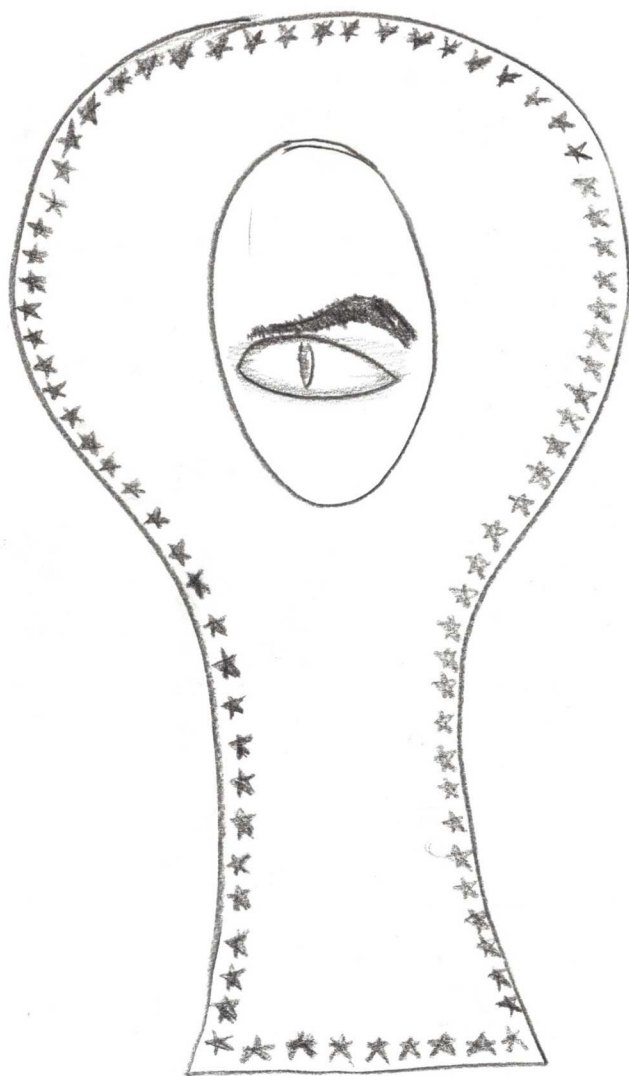




HILBERT A. C.



'Mental health stigma makes recovery harder'

NHS mental health funding is still lagging behind, says report

NHS abuse of mental 'endemic'



Universal credit's hidden cut pushes disabled people into poverty

GPs treble doses of anti-depressants as Britain heads towards top of world table

A NATION HOOKED ON HAPPY PILLS

patients

ince Harry asks: What's the impact of mental health?

www.bbc.co.uk/news/health

among Britons - many of the 'happy' terparts in France, Ita

according to the Organisation for Economic Co-operation and Development. This is up from 2000. The study said

Source: Office for National Statistics, March 2017

BBC RADIO 5 live

The risk of suicide for men working in construction and building trades

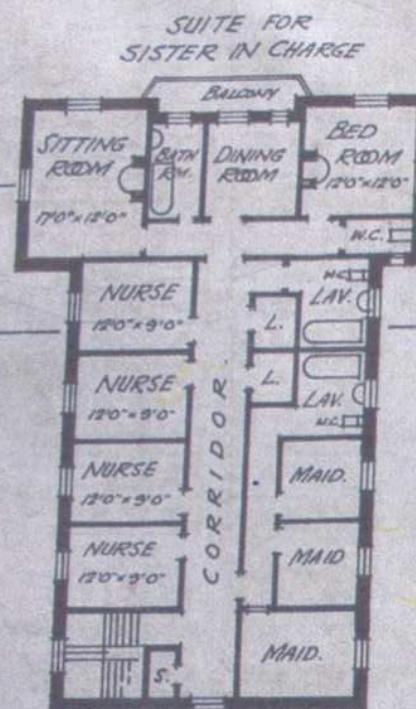
Lunatics

Lunatics have been
disordered in their Senses
and have Confined, or how
otherwise disordered of.

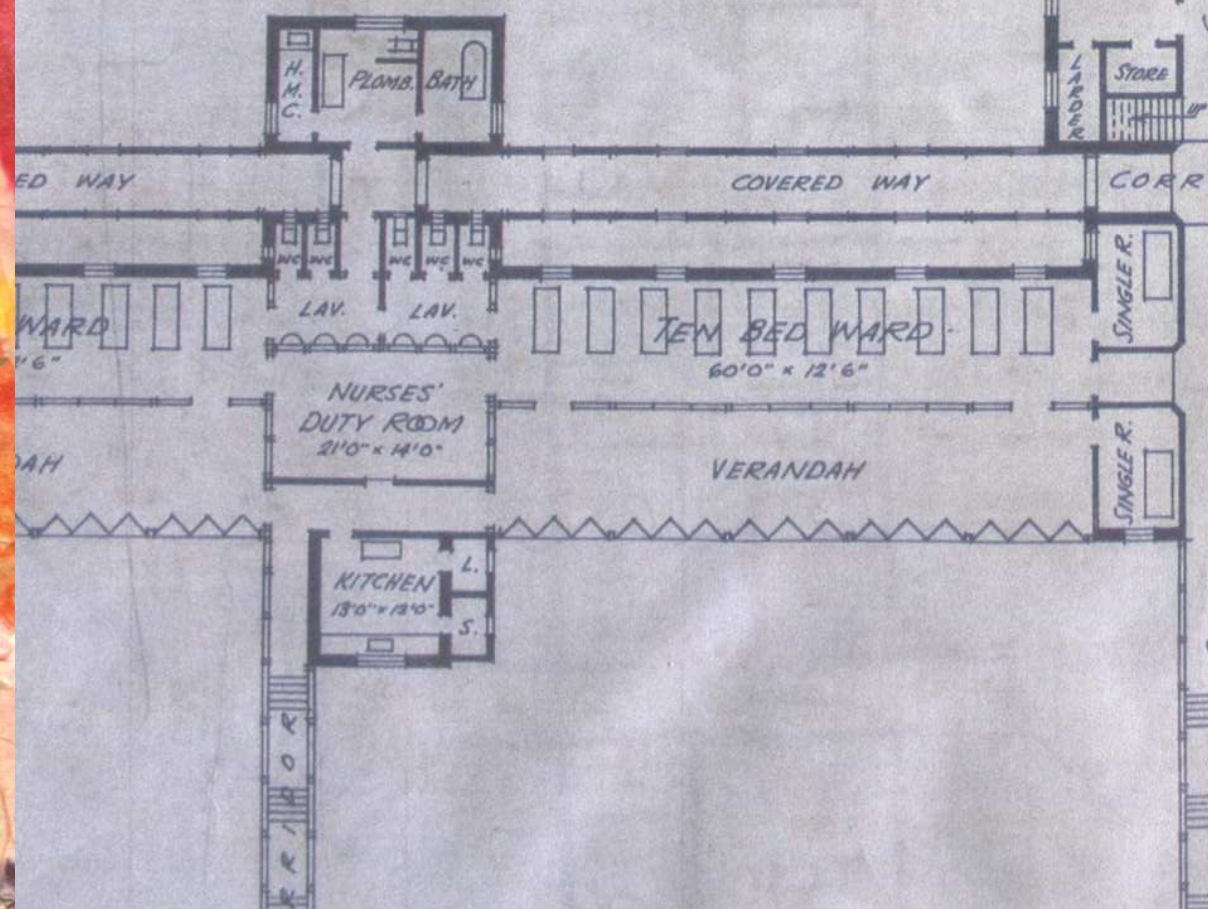
disposed of

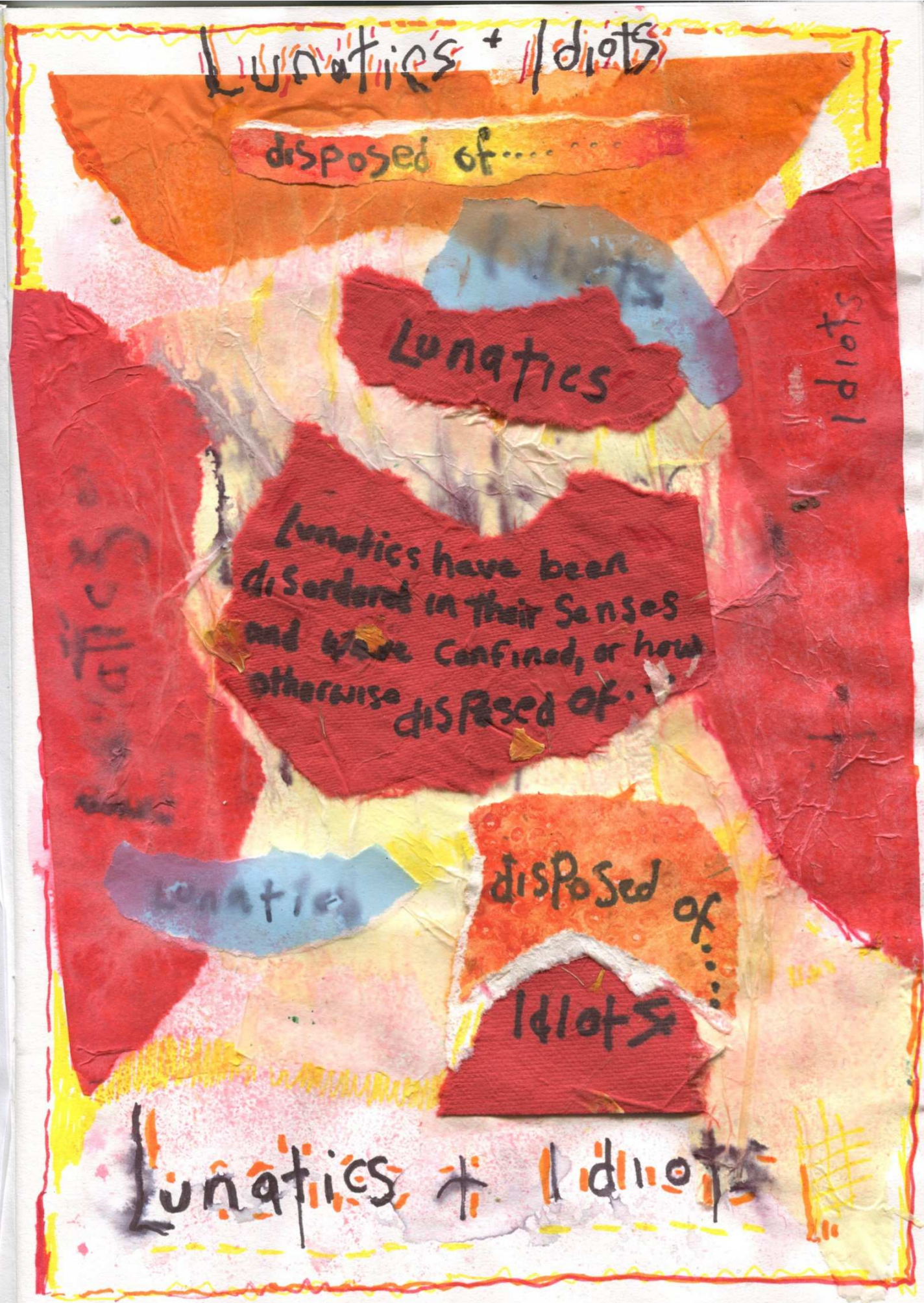
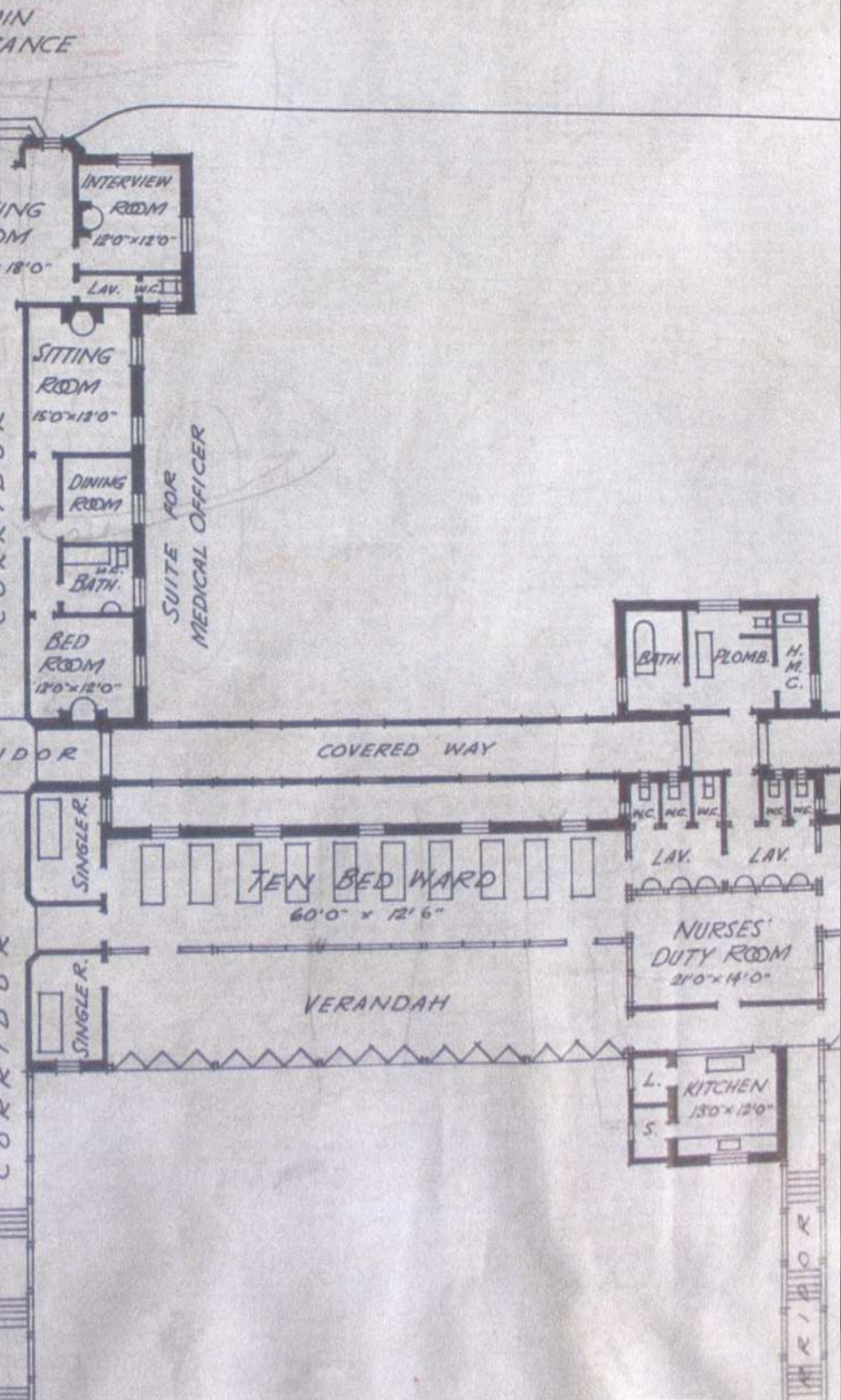
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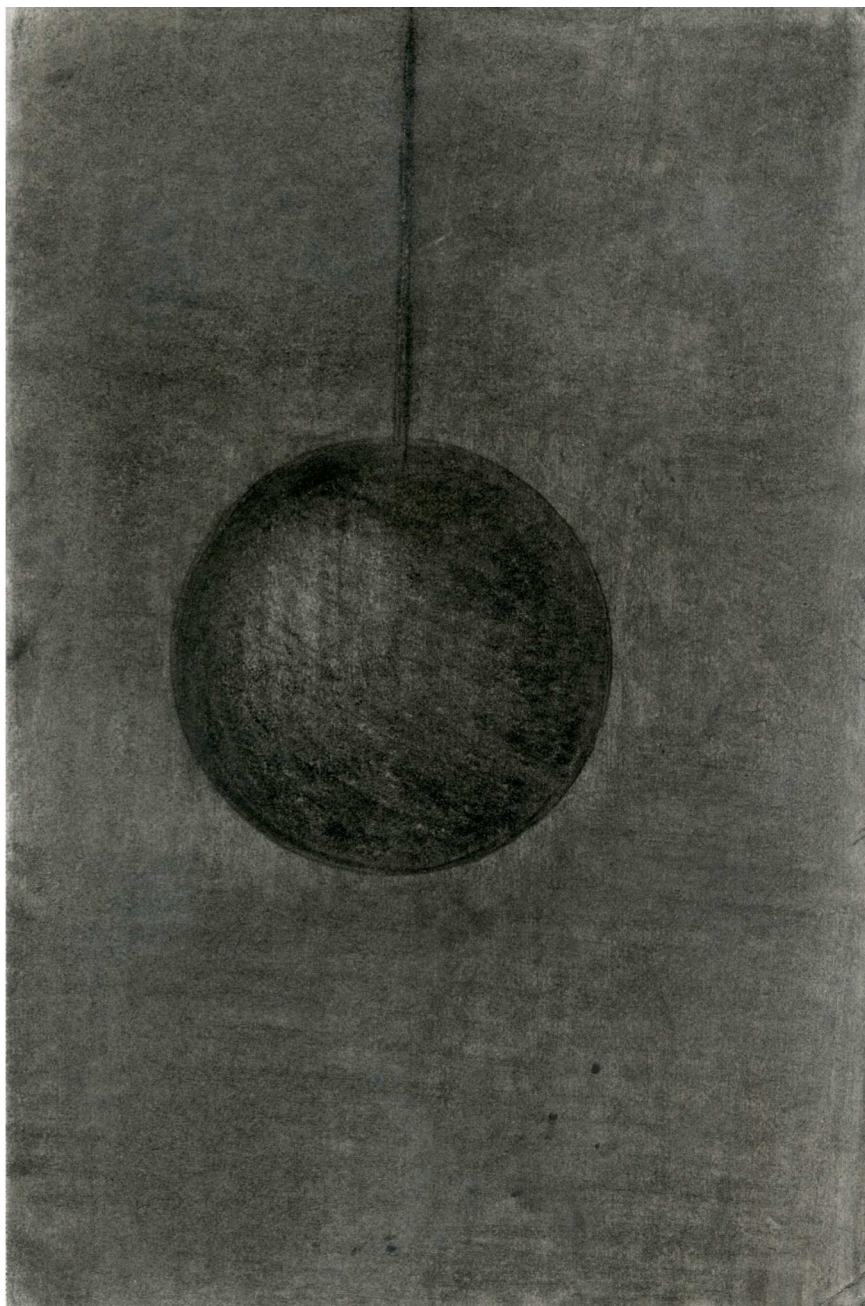
Lunatics + Idiots



FIRST FLOOR PLAN.

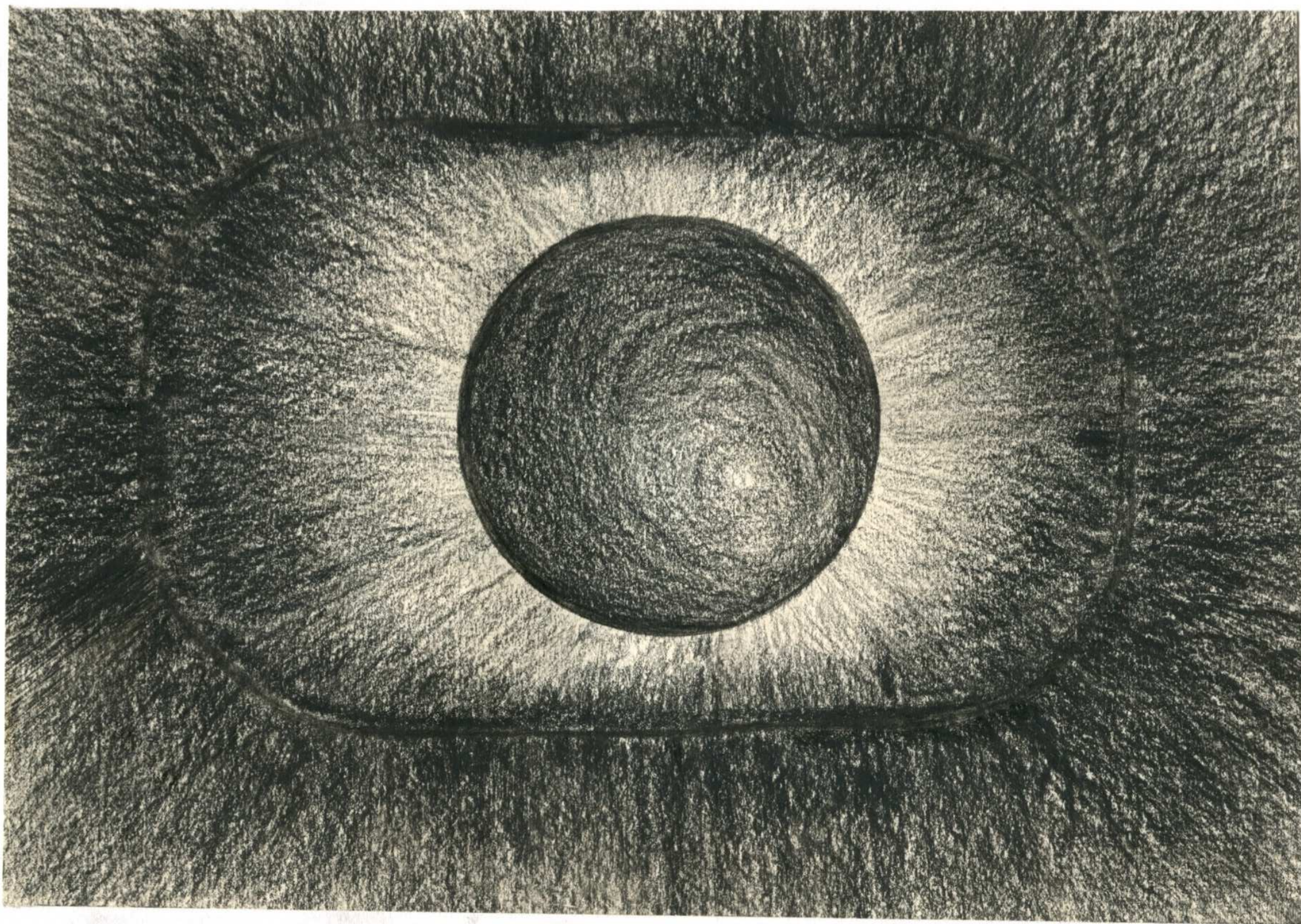






Fallen.

Upon the clifftop feel the wind blow
A bird takes flight feel free to step forward
Flying falling breaking inside
A shattered day for a broken mind
Feel free to take that step
Feel free to fly to fall the earth the sky awaits
each beating of the wing a vortex in the wind
one more step to the edge
let the day ignite
upon the wind take flight
Feel free to fly be free to fall
a broken world for a broken soul
one more step to leave it all behind
one more day upon the clifftop
The wind blows now take flight
be free to fall to fly
the earth awaits as well as the sky
a dream to fall a dream to fly
a broken world
to leave it all behind
one more step
Fall and take flight....





VULNERABLE

COME

WELCOME TO MY WORLD
BE THE DIFFERENT

Mo
hap

STOP!

ASPERGERS

STRESS



LARGE

COLOUR, NOT
THE ISSUE

HAPPY

ASK!

VULNERABLE
PERSON

MES

ASPERGERS

WE
EQUA

HOSPITAL
GUIDES

1959

KEEP CALM + WEAR MARE UP

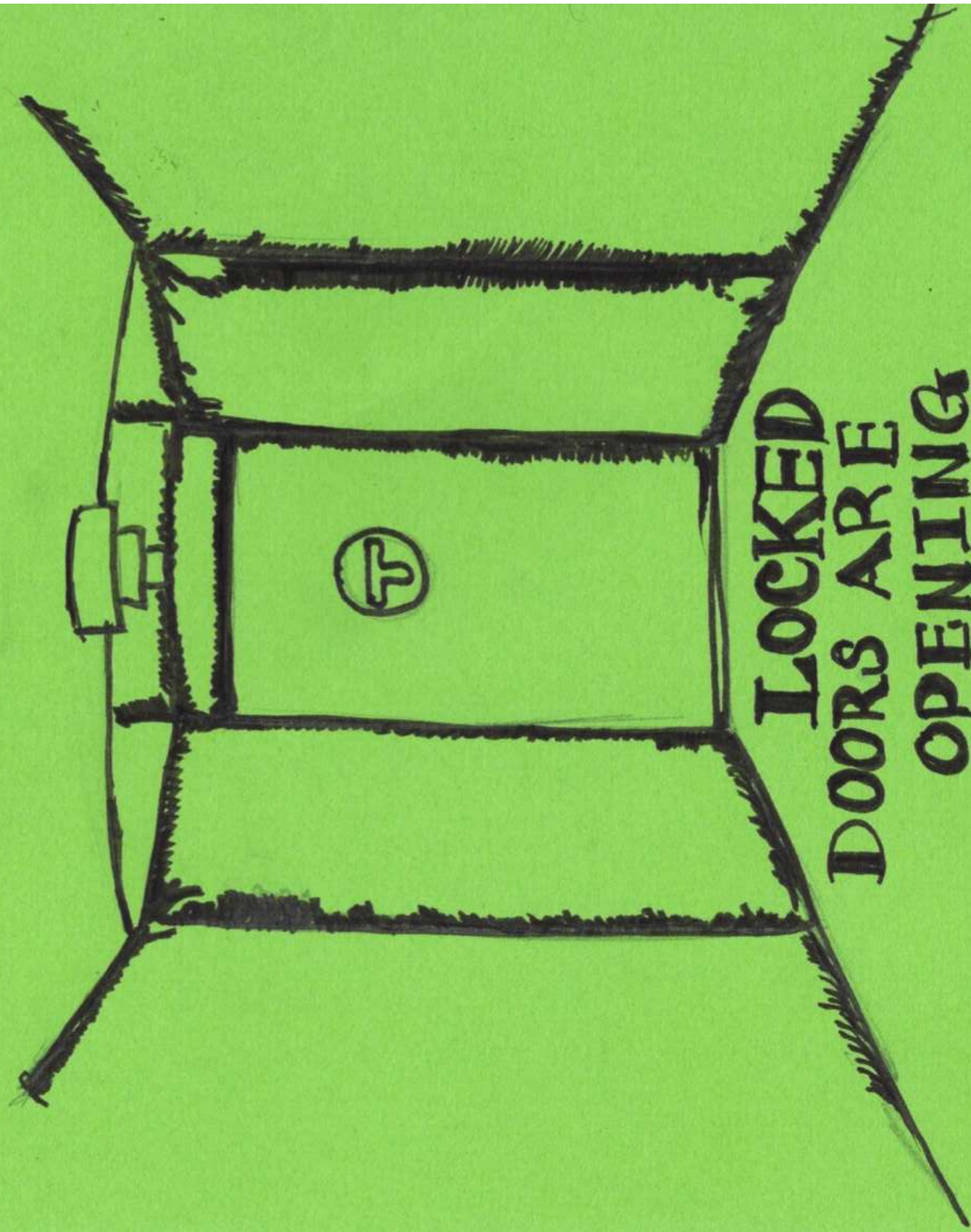
MENTAL HEALTH

A DVICE A

ANXIETY,
DEPRESS-
ION, DISS-
ASSOCIATION
'HALUC-
INATIONS,
INSOMNIA,
-IA, S.A.-
D, PARAN-
OIA, S-
ELF HA-
RM, ETC
.....?

DON'T
WORRY

@the parlour



**LOCKED
DOORS ARE
OPENING
IN OUR MENTAL
HOSPITAL**

Monday 21/5/18

Discovery centre - week 1

HO.SN/69 - brochure on nursing careers at St Nicholas Hospital ¹⁹⁸⁹

- Shies away from introducing what the job really is, doesn't mention mental illness until the 2 paragraphs in

"They had had worries and so on that have caused mental illness." "Now please don't let those last 2 words scare you off!"

- Words used around "curing" patients and coming up with a quick solution to resolve mental illness.

"Most mental illness - like physical illness - can be cured - and cured of quite quickly. Most of our patients are back home or at work within two to three months."

HO.SN/61 1989

- ~~XXXX~~ • Using language that invokes fear and terror ~~people~~
described as it could be

'It could be your confused Mother'

'It could be your daughter gradually starving herself to death'

'It could be your husband turning to drink'

28 days later website
→ exploring old asylums

Visit the Archive!

Request: HO.SN/13/11 - patient notes

10-4 (not 12.30-1.30)

HO.SN/13/18 - prison diary

Tues - Fri



cure
cure

electrotherapist
the magic
neurotics

therapeutic electric
current
the work of the doctor

current

deliver beneficial effects to skin and muscle tissue, ailments
electrode applied upon any desired part of the body, hysterical

I am reduced

i felt i could
not write to my
doctor as doing
So would Seal
the deal and i'd
be sectioned, i
Pleaded with doctors
about side effects
i had lessons and
tashes, it could
have been
'Steven Johnson
Syndrome', turned
out to be 'lupus'
The side effects
were (are) awful
but i had to
Keep my mouth
Shut to much
Complaining and
i was 'ILL', The
late 90's 2000's were
grim, all had the
new drug revolution

Good thing
I did

Photo of head with Plaster reminded me of old Sketch
book work from hospital. (Collingwood Court St Nicks & Hadrian.
w/end).

Sketch book Work from early admissions as
an adult approx 2002-3 -

Dear Doctor



The patient



Drug sensitivity



Sodium Valproate --- in the news this week
because of birth defects, Side effects from
this drug were awful, above is a letter i never sent
to my doctor, not a good time. -



Patching up with a Plaster
- heavy use of Anti psychotic drugs
and Polly Pharmacology -



Phrenology

This 1856 photograph is one of the earliest to depict a phrenologist. It shows many of the principles that are seen in modern psychiatry and psychology. The brain was an indicator of mental capacity, and that different parts of the brain were responsible for different functions. Simply by feeling bumps on the skull, a phrenologist would determine a person's intelligence, and whether or not they lacked a certain personality.

CREDIT: Dr. Stanley B. Burns

April 13.

George Elliot. Artist.

Bensham Asylum. G. Head. (1855).

'Emperor of the World'

Theater at St. Nick's. -

"Inconvenient People"

(Aunt Jenny. Morpheus hospital).



'HE' CARGES. HE'S IN CHARGE OF A LOCKED WARD
FOR THE MOST DISTURBED MEN PATIENTS. 'WE
DREAD A FULL MOON,' HE SAYS.





Madness in Civilization

Timeline:

- DSM (Diagnostic & Statistical Manual) from The American Psychiatric Association.
 - One main text (constant revision)
 - Controversy
 - Now on 7th + revision

"The boundaries between reason + unreason remain shifting + uncertain, contested + controversial" A. Scull

Bible

- Saul punished with Madness but also possibly becomes a prophet.
- Prophets erratic & magical behaviour
- Saul (first king of the Jews chosen by the God Yahweh).
- "Divinely inspired"?

- Religious causes (?) of mental illness also in Greek (ancient) The Iliad + the Odyssey (oldest surviving words of Western literature)

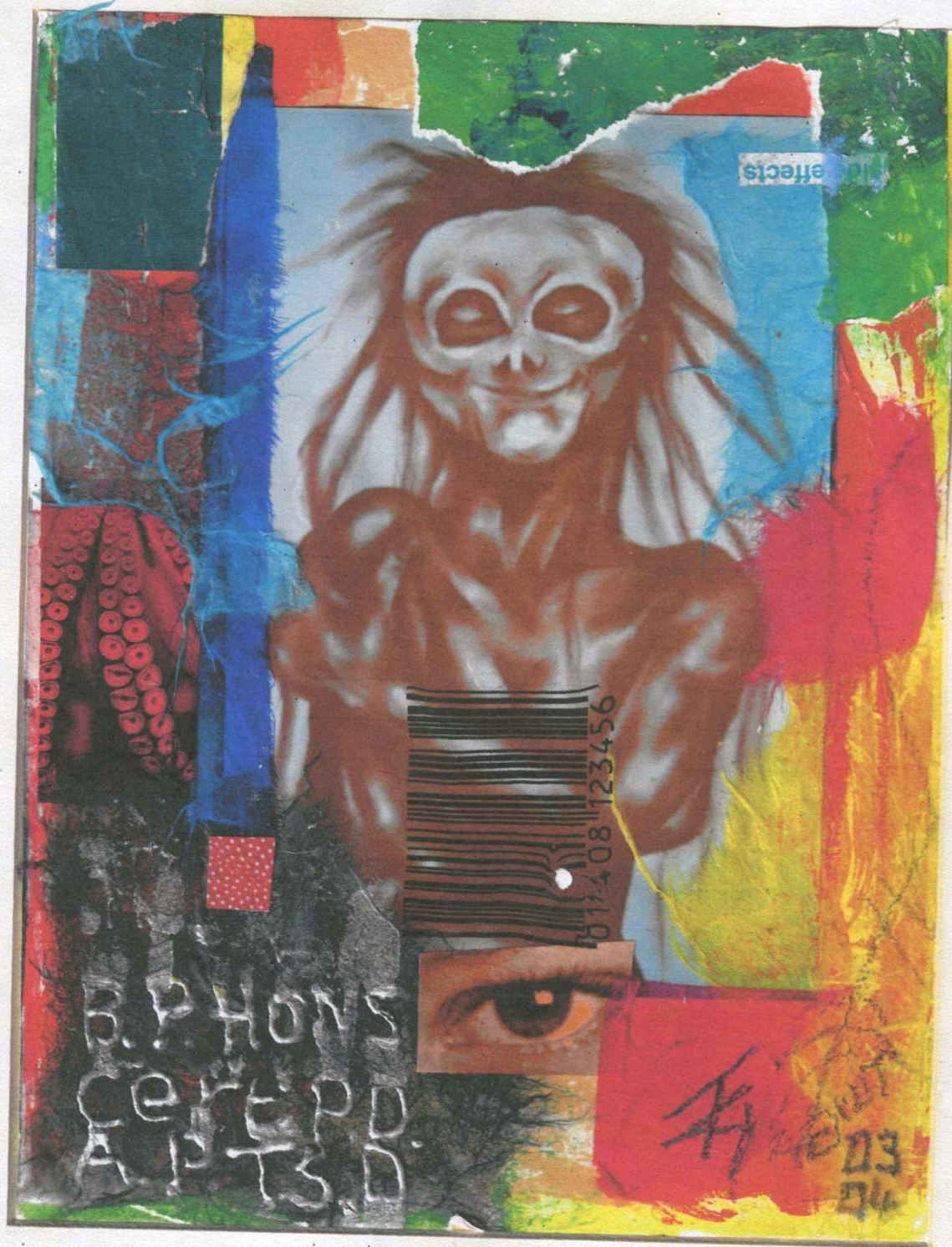
- Oedipus
- Poire: Poikilos, of or pertaining to pain
- Tragedy - an immensely important to Greek Culture but did that pervade

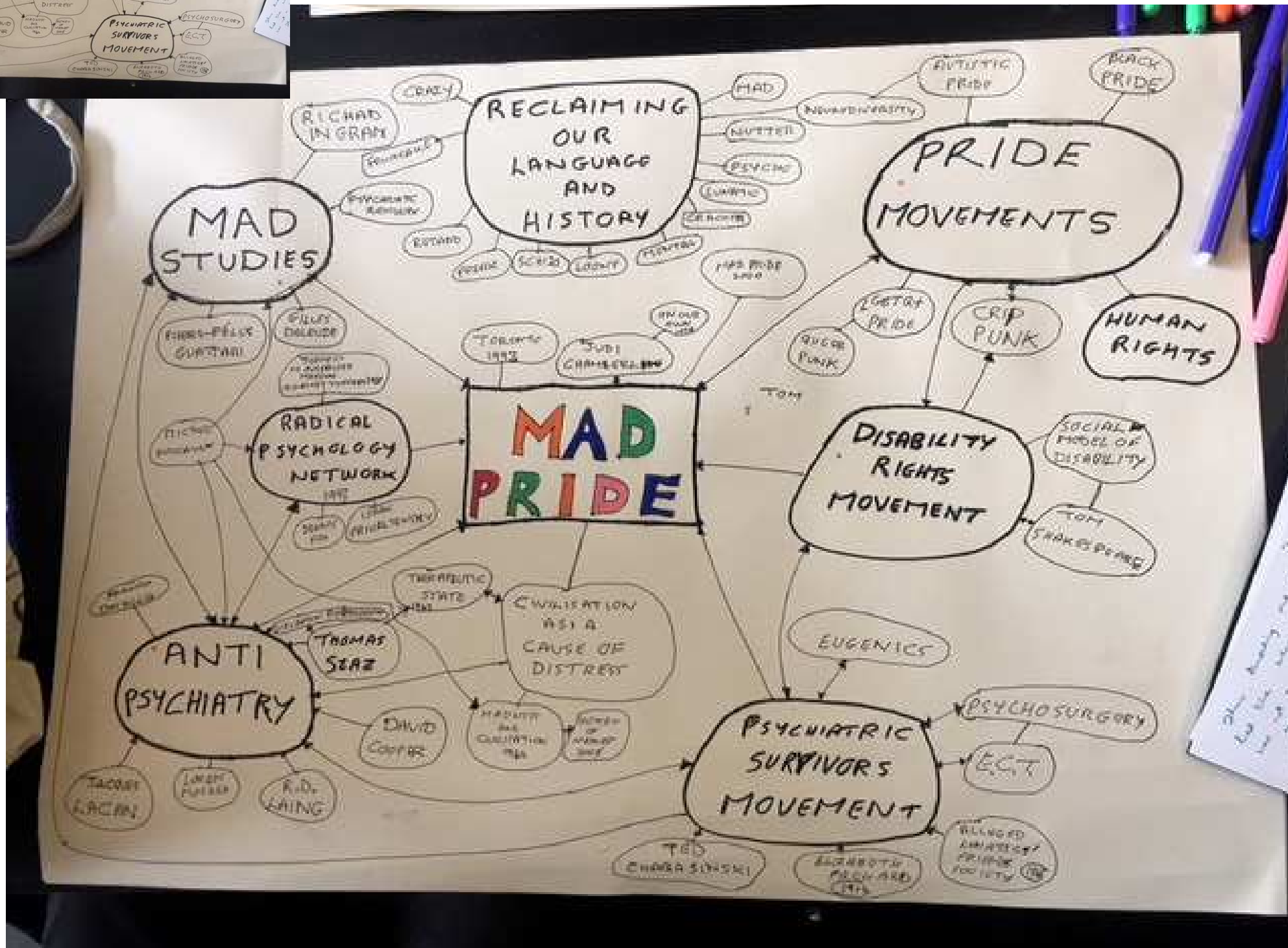
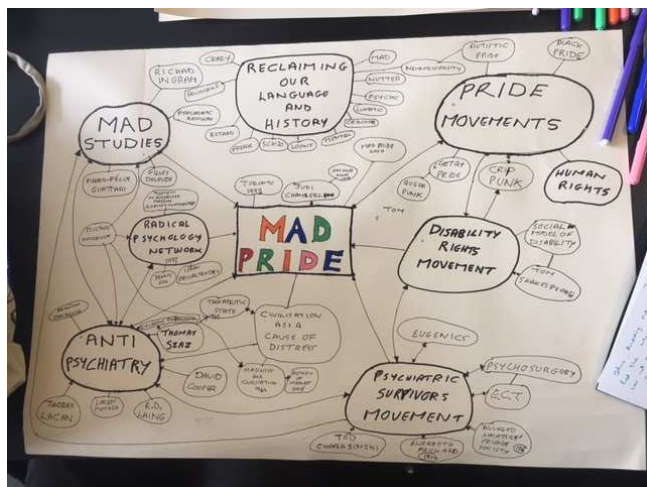
into everyday belief?

- Common Sense: The sense of a common, shared reality.

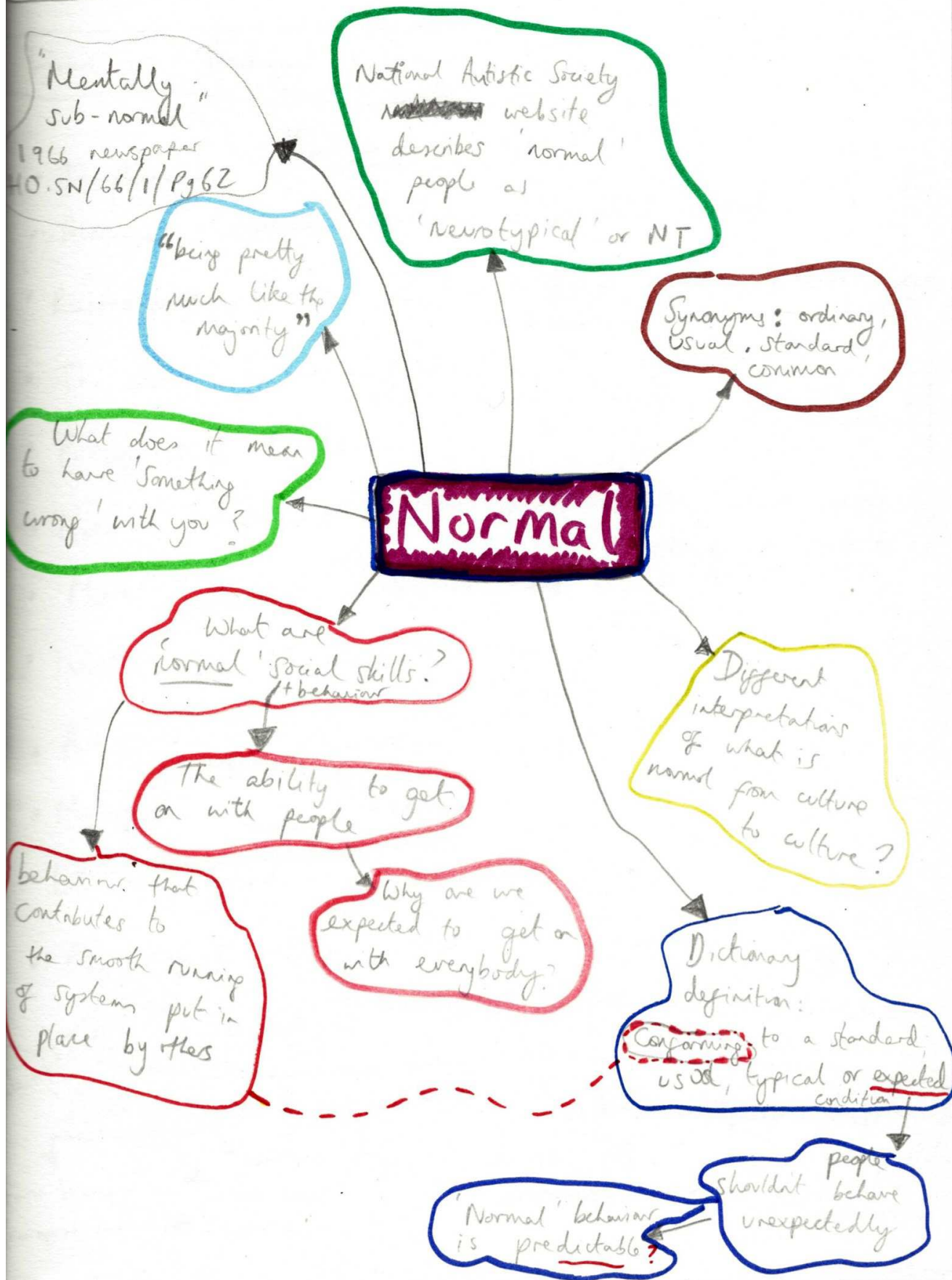
- Does Madness threaten foundations of social order?

- Herodotus (484-425 BC) wrote diary like historical notes. King Madness common in Greek society in reflecting to gods or demons wrath.





Creative Sessions 3/6/18
Monday



4.6.18



ASPERGER
PEOPLE
ARE
EQUAL!

ARE MIRABEES
AUTISTIC?

LET'S PUT AN END
TO LABELLING US.
LABELS ARE FOR THINGS.



ASPERGER
SYNDROME
IS LIFELONG

S.S.52

YES, IT'S NOT ONLY
CHILDREN. I'M 66
WITH ASPERGERS!

I WAS DX'd WITH
ASPERGERS IN
FEBRUARY 1999
@ 46 yrs old.

MENTAL HEALTH -



I HAVE
MENTAL
HEALTH
PROBLEMS,
BUT I'M STILL
A PERSON
AS GOOD AS YOU.

BUT WHAT IS MENTAL
HEALTH, EXACTLY?

THE GENTLEMEN

MORE LIKELY TO BE DIAGNOSED WITH...

ALCOHOL or DRUG PROBLEMS

-67% of British people who consume alcohol at 'hazardous' levels, and 80% of those dependant on alcohol are male.

ANTI SOCIAL PERSONALITY DISORDER
More likely to be diagnosed in men.

GENDER BIAS,
SOCIAL FACTORS,
STEREOTYPES
OR GENUINE
DIFFERENCES?

ARE WE REALLY THAT DIFFERENT?

i have
~~mental~~
~~health~~
problems
with
oppression
& stigma



THE LADIES

MORE LIKELY TO BE DIAGNOSED WITH...

DEPRESSION - 29% compared to 17%.

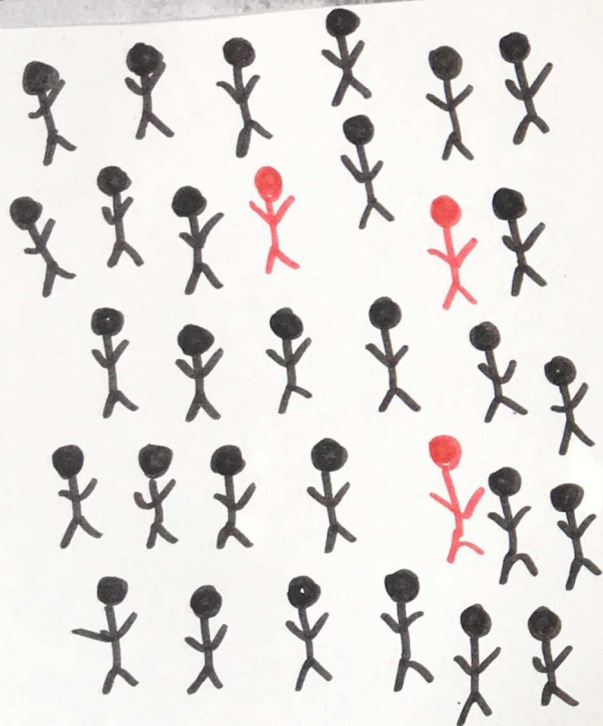
ANXIETY - twice as likely

PHOBIAS or OCD - 60% women.

EATING DISORDERS - 1.9% of women experience develop this compared to 0.2% men.

1966

1-IN-10 WILL
NEED MENTAL
TREATMENT



TYNESIDE

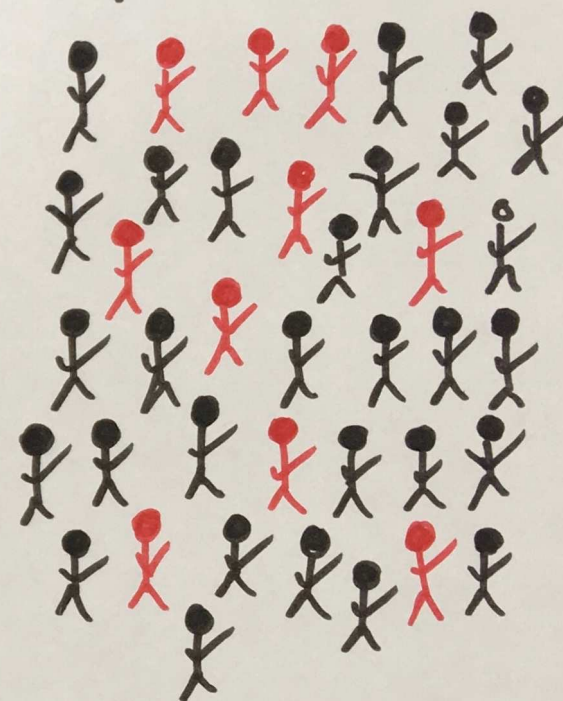
* FACTORS *

Community
Relationships
family + childhood
Social determinants
poverty
domestic violence
homelessness
substance misuse
disability
minority ethnic groups
refugees

women more likely than men

2018

1 IN 3 WILL
NEED MENTAL
TREATMENT



- Social media
- Economic uncertainty
- rising expectations of what life should be

Lost in the Abyss!

Here I stand Lost in the Abyss
No light remains
The never ending darkness consumes me
Its embrace everlasting
No hope remains
I search for the light
A distant memory of what ~~once~~ was
The void takes hold
Its cold embrace never ending
There is no warmth only the dream
Nothings Real
A thought shadowed by a distant memory
It wasn't Real
The Abyss's embrace a dream a nightmare
never ending, I yearn for the light
only darkness remains
A shudder a flutter a sound from within
It's Not Real
Silence once again
The Abyss takes hold it grips me even tighter
No time remains, no way to tell night from day
Time is no more
So here I stand trapped within the Abyss
There is no light no hope
not even the memories remain
I yearn for the light
only darkness remains
It's Not Real

The twisted tangled memories fade away
only shadowed thoughts remain
An escape from reality
I long for the never ending dream
Searching for the light only the void remains
Its embrace everlasting
no life no hope a stringless puppet
Screams from within
It can't be Real

I hear the screams rising within
Forever waiting for a new freedom
Here I stand alone trapped within the Abyss
Its embrace everlasting
It's not Real

A puppet without strings
Free will nothing but a distant dream
looking out from within
An endless torment
A path to escape
To die to be free
The only wish a dream to fulfill
For life is not Real!!!

no life no love no hope
no pain

Here I stand alone trapped
within the Abyss

Life Can't be Real....

VULNERABLE PERSON



COME IN

ASK!

MY STORY

DON'T JUDGE
DON'T SAY
CAN'T SEE

EVERYONE'S
EXPERIENCE
IS UNIQUE

Everyone has
the right to
be different

COLOUR, NOT
THE ISSUE

Bi POLA

WHAT
A RIDE

STRESS

STRESS

NO
MESS

WELCOME
TO MY WORLD
IT'S SO DIFFERENT

HAPPY

May look
happy,
Look inside

ASPERGER'S

LARGE

ONE SIZE

DOES NOT

FIT ALL

STIGMA

ST

STIGMA

T

STOP!

DON'T JUDGE
WHAT YOU
CAN'T SEE

ASPERGER'S

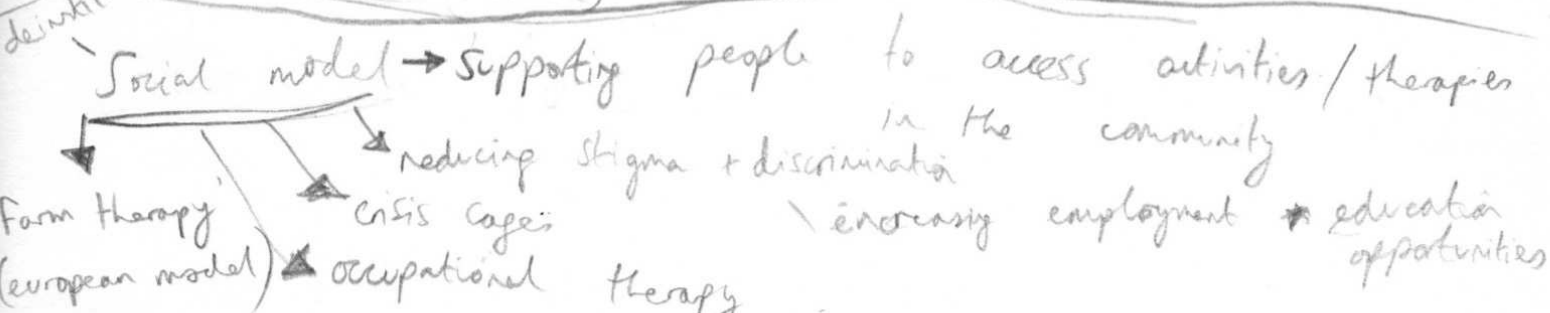
WE ARE
EQUAL

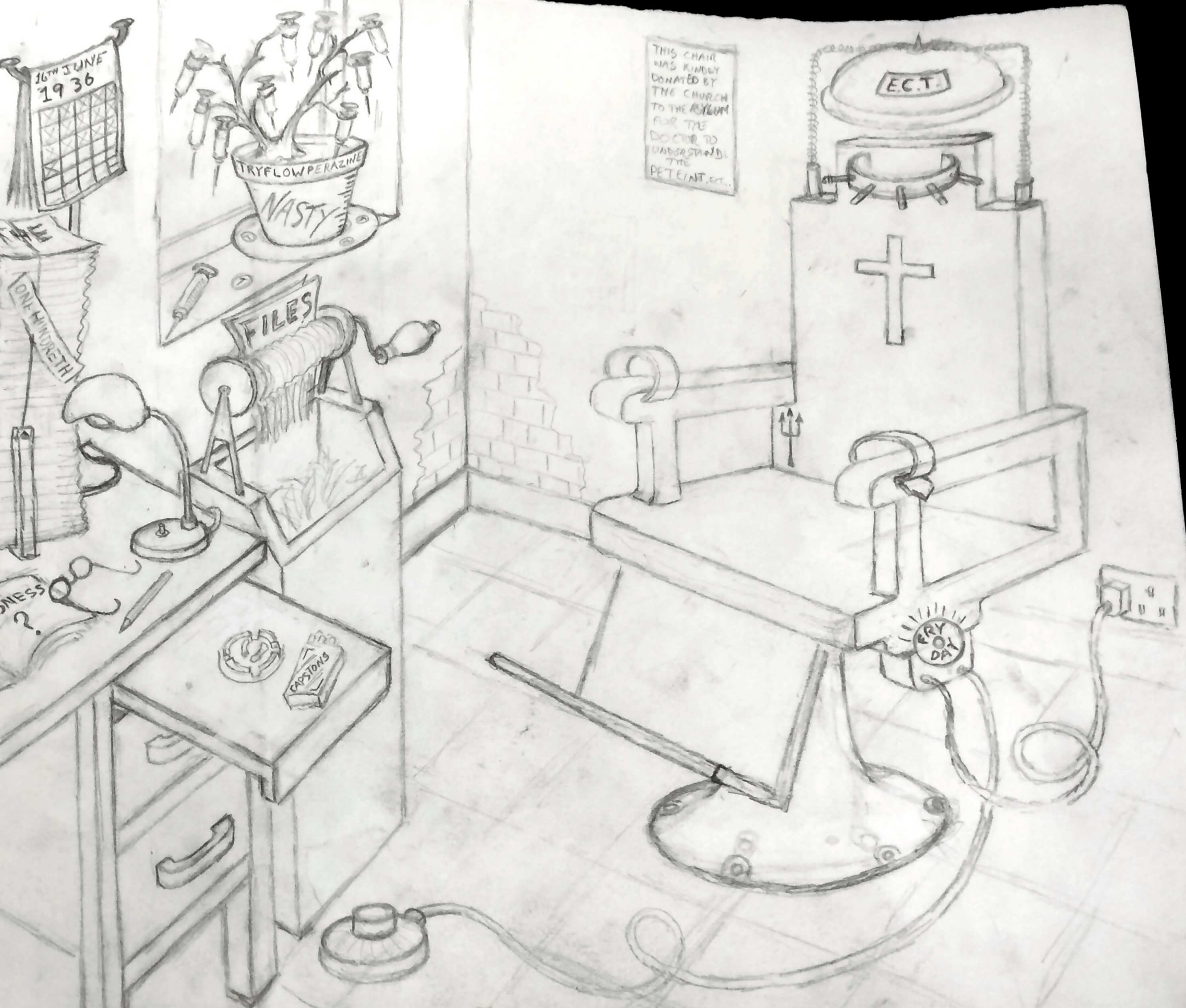
Forms of Treatment + Diagnosis (+ Models)

- Trephination — (Spiritual model)
- Attonement, Exorcism + Incantation — (Spiritual model)
- Recreational Activities — Ancient Egypt recommend patients engage in recreational activities — but still held beliefs that were spiritual in origin?
- The Four Humors — (Medical model — "natural occurrences in the body")
- Purging and Bloodletting (Medical model)
- Isolation + Asylums — (Social model) — isolating unwell people
- Moral Treatment — 1700s Philippe Pinel called for patients needing caring and kindness
- Insulin Coma Therapy + Electroconvulsive Therapy (Medical)
- Antipsychotic Medicine — (Medical)
- Meprobol Therapy — (Medical)
- Lobotomy — (Medical)
- Psychological Therapies — Freud's Psychodynamic Theory
Theory of Behaviorism — John Watson

deinstitutionalisation

(Psychological Model)





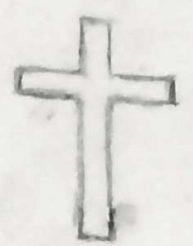
16th JUNE
1936

TRYFLOWPERAZINE
NASTY

FILES

THIS CHAIR
WAS KINDLY
DONATED BY
THE CHURCH
TO THE ASYLUM
FOR THE
DOCTOR TO
UNDERSTAND
THE
PETE IN T.E.T.

E.C.T.



ERY
OF
DAY

CAPSTONS

Time 1: u2

Time 1: u2




Support system

knowledge

Med
Me
fear
prejudice

1 in 4
* ask

we can't change words → we can change perception

no forced treatment NORTH/SOUTH ^{association meaning} meaning context 

Individual approach - one's story

Funding

young people - raising awareness

people coming together ^{hierarchy}

Recovery from (associated ^{safe place Chilli} with addiction)

trigger

taboo


Language - changes → continuous process

SUPPORT

step 1
out
Not a patient here

CPN
MEDICAL MODEL

cine = debilitating

ntal → 1st thing people see 

→ perception needs to change

→ experience mental health

questions *

↑ BUDGET

over to 'experts'

^{rebranding}

new meaning ~ old meaning

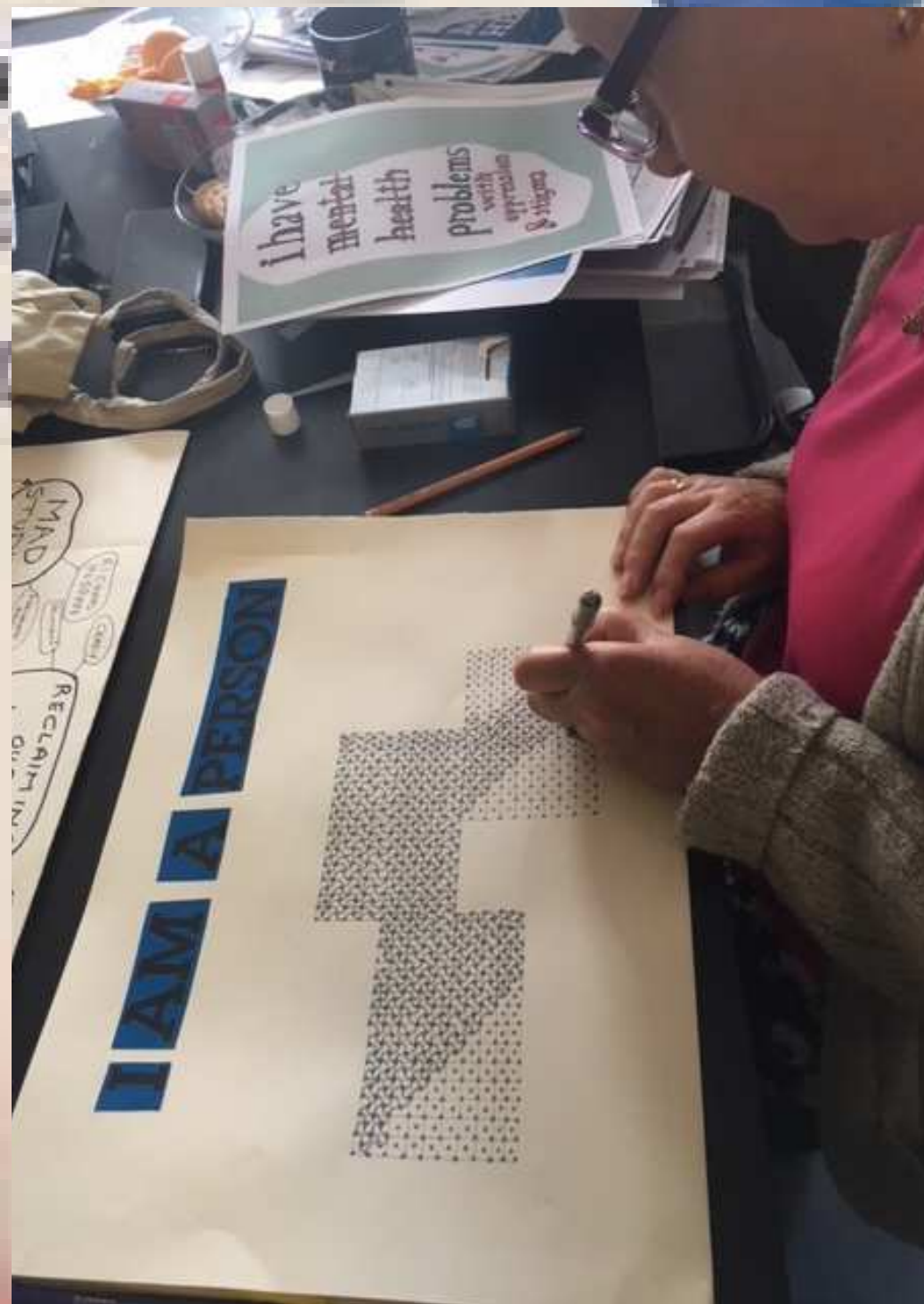
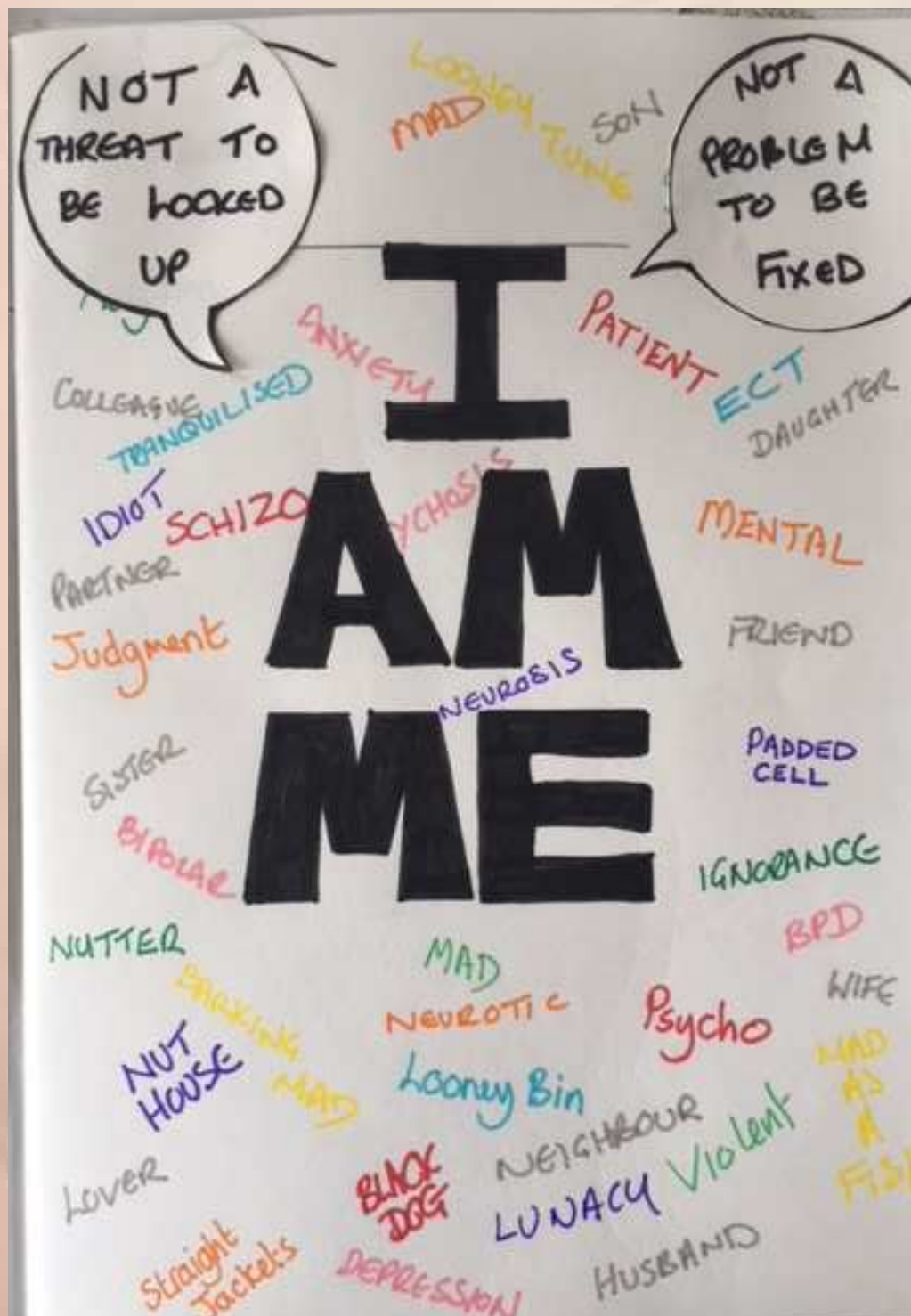
Experience of being ill,
sanctioned - no power

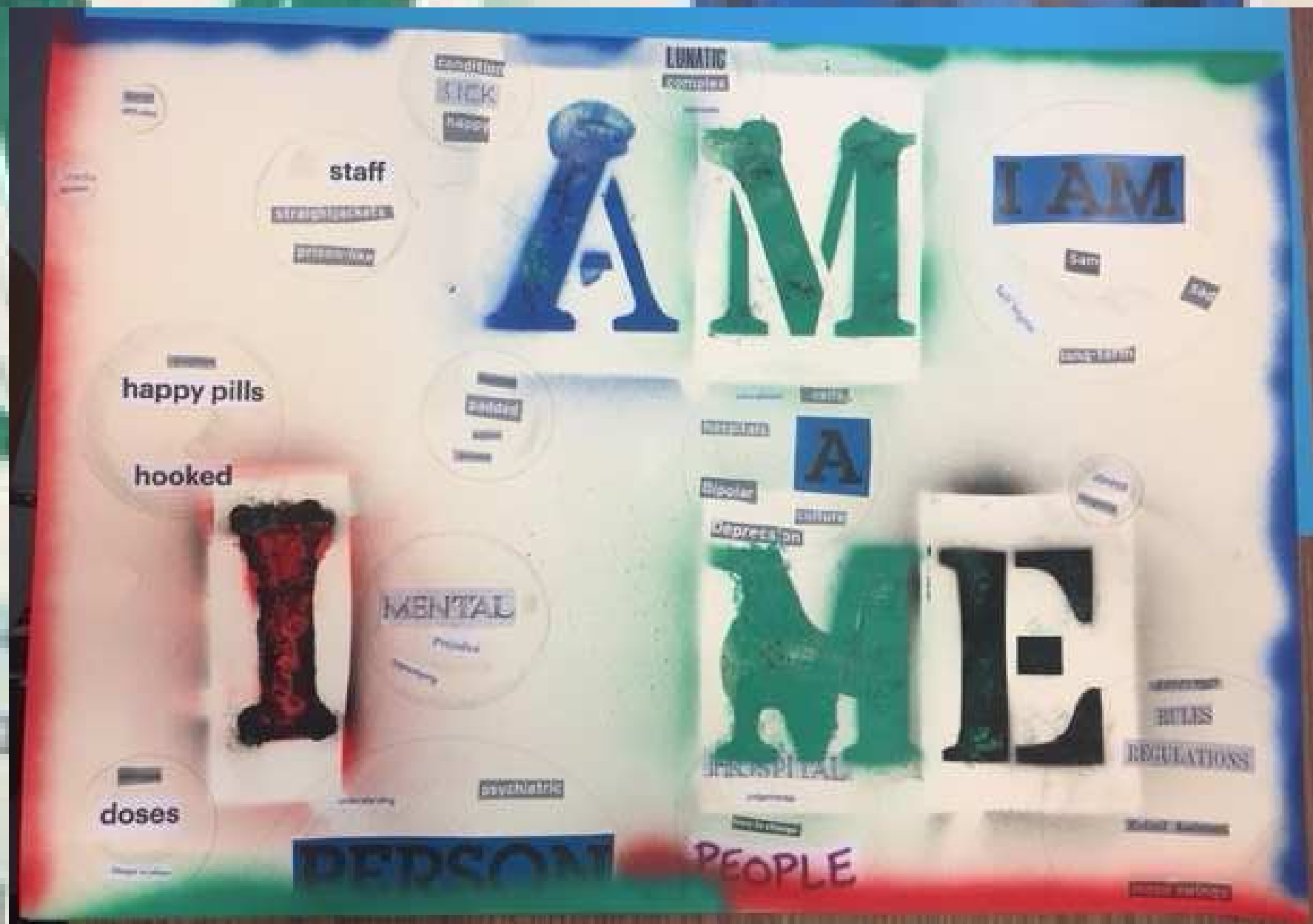
loss of control

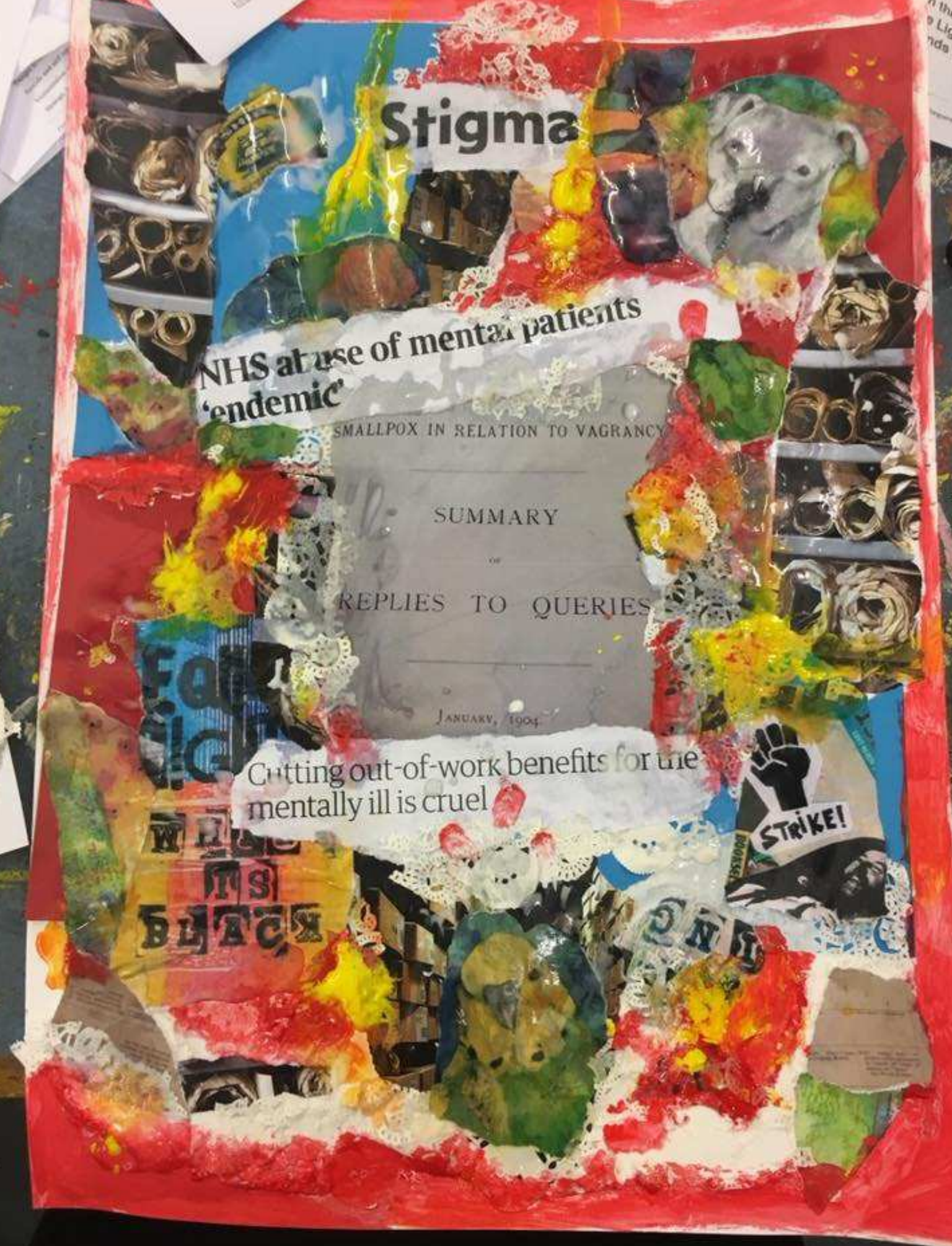
art - psychiatric hospitals/prisons (surprise - ^{out} therapy)

self-care
family +
friends!

Someone with mental health
difficulties - exactly the same







play around
with pill labels?

also

History
treat

PTSD
History
through
male
lens.

✓
"The minds
in sleep u
the same

by stom
capture

field, n
their

then -
wrest
pains
with
then

male
patients initially
resembled
hysteria
(because women
and plsd not
hysteria)

traumatic
neurons - 1884.

we have to carry it
"and it reaches
deep within our dreams"

of PTSD
ment

of mortals... often
will do and dare
"Kings take towns
, succumb to
, battle on the
raise a wild cry as if
throats were cut even
there. And many
on and groan with
and fill all regions round
mighty cries + wild, as if
gnawed by fangs of
lion or of lion fierce."

I Would Like to visit a Was
a Sylum to see what Life
the Eight Picture can give
a brief history of mental health
I would like to explore
Some of the of the Heads and
Some of the archive language and
terminology in patient care
in this short piece of

archive historic writing
was really useful to
read and go further
in to the archives of
Heads and Tales from
a P-I-I 2018 and a Beyond

to increase my knowledge
in archives of the 2,500 verb museum



When inter will
with mental health
employers should look at
what they can do and what
they have overcome.

"Bip
comple
it's not just
mood swings
and being either
happy or sad."

Many just brushed
my depression as a
bad day. But it is
actually a long-term
mental illness.

culture
EVENING CHRONICLE
Friday, October 10, 1958
come to change

Drug taking is
increasing here

It is
certainly
and the authorities are
beginning to show some
alarm.
Mr. J. B. Lloyd, chief pharma-

Pethedine
The favourite drugs were
morphine, pethedine and heroin.
Pethedine had the reputation
of being comparatively harmless,
but addiction to it was found
by
Gosforth, today that a Brit
report to the United Nations for
last year, showed there were
359 known drug addicts in the
country.
Seventy were doctors and by

Mental health stigma makes recovery harder'



The risk of suicide for men working in construction and building trades

Asylum of 100 years ago is a hotel for patients now

(9th Geo. 4th, Cap. 40. Sec. 36. Schedule No. 4.)
A true List of all Lunatics and dangerous Idiots within the Parish of *Saint Nicholas* in the Town and County of Newcastle upon Tyne, specifying the Name, Sex, and Age of each Lunatic, and Idiot, and whether such Lunatics be dangerous or otherwise, and for what length of Time such Lunatics have been disordered in their Senses, and where confined, or how otherwise disposed of.

Cutting out-of-work benefits for mentally ill is cruel

The government's changes to welfare payments are far



People can be judged by the outside anger mood swings alcohol psych patient panic attacks

mental health

bipolar anxiety depression



from residents, most of whom were brought up on Tyneside. Their reminiscences give insight into childhood and home lives, often happier times for them and, prior to the onset of illness. The picture of Newcastle, early in the century, is portrayed with atmosphere, character, and life! It would be difficult to find a similar evocation in current guide books of the city.

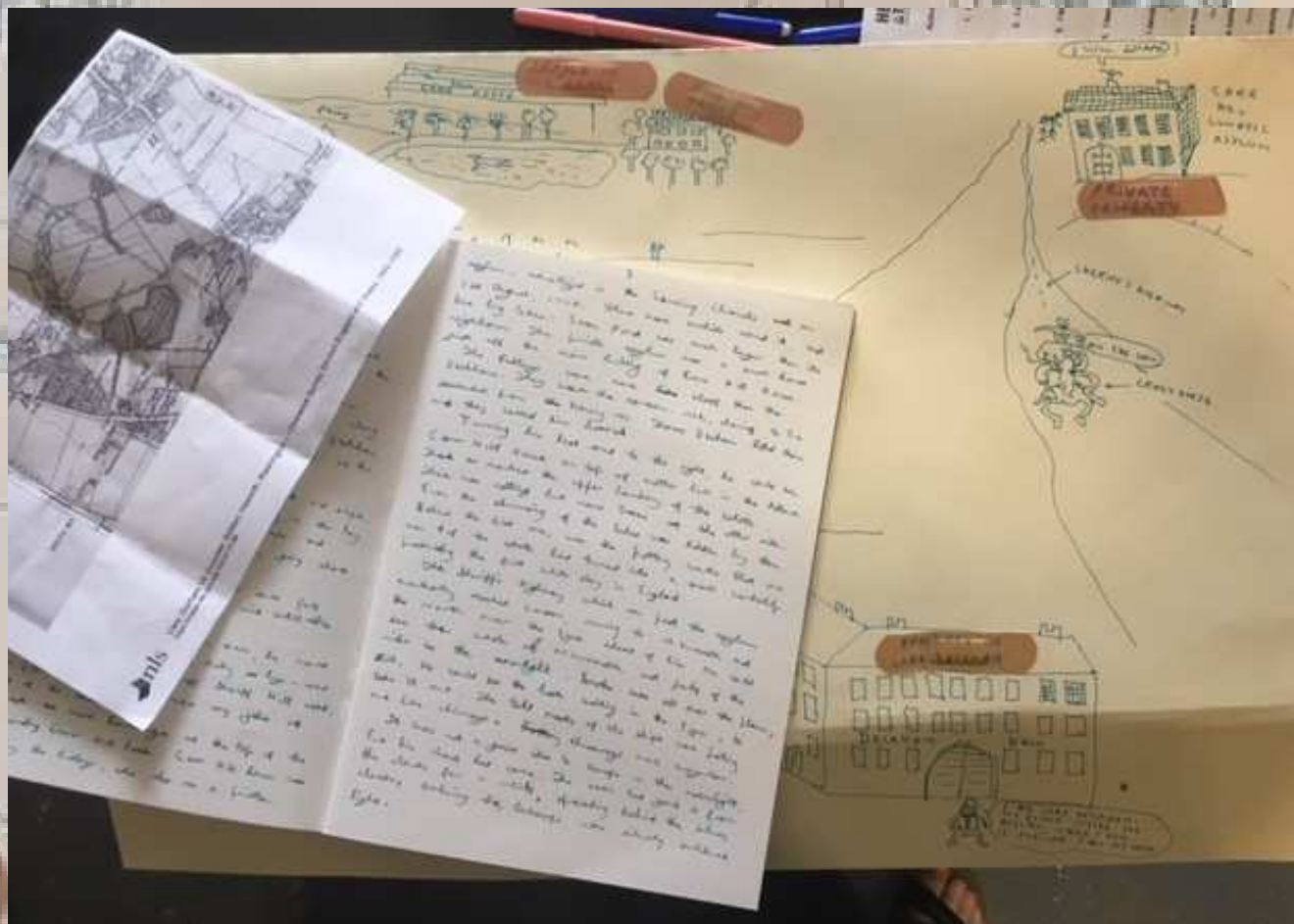
People can suffer from mental health can be cut off from living a normal lifestyle



Two Big Shows
1. The Man Who

Kirkstone Creative Writing Project
The creative writing project was intended to provide residents with the opportunity for self-expression, to enhance communication skills and increase self-esteem. The only criteria for involvement in the project was the individuals willingness to take part. They were also made aware from the outset that the material would be recorded and be available to them in the future. The use of an outside, skilled facilitator was hoped to encourage social contact and interaction with others not directly involved in giving care.
Margaret Henderson
Nursing Services Manager

To explain how I became involved in the writing project at St. Nicholas Hospital I must first tell you a few things about myself. My interest in writing goes back a long way, at the age of ten I made my first, and only, attempt at a novel - a Dickensian epic which peered out at chapter three! Since then I have continued to write, consistently though sporadically, poems and short stories. I find the immense pleasure and satisfaction gained in the process has made me want to share this with others.



They are small and brown. They have a fragrant smell. It is a beautiful smell. You couldn't discuss it.

The Aftermath

The two big shocks turned my brain. With all the worry I went and got married, I left me Hattie to get married and I never got back. I tried to get back married, honestly, in white. I married before anything happened to me. I didn't do anything, like not out of wedlock. I didn't like that sort of thing. I was content with my home at Highfield, instead of peering me about getting married.

HEADS & TALES
Mental Health Heritage

A collection of poems and reminiscences written by long-term, elderly residents of St. Nicholas Hospital, Gosforth, Newcastle upon Tyne

Christie Wellington

HEALTH



A Beautiful Mind: Brief History of the Treatment of Mental Illness

Info researched: Historycooperative.org

Throughout History, there have been many radical changes in how the 'mentally ill' are treated and cared for. These changes occurred because of transitional societal views, changes in attitudes and advancing knowledge through case studies and the collection of good practices ^{with} dedicated psychiatric studies also advancing knowledge.... But not before methods such as:

Electro Shock Therapy Skull Drills Asylums

Isolation!!!! Lobotomies

Pills (Experimental) Exorcisms



All these early treatments achieved was turning patients into ghosts of their former selves and increasing internal and external agony and unnecessary suffering. Yet it pioneered what we know today.

The history of treating Mental Illness is said to date back as far as 5000 B.C.E with the finding of Cave Paintings ^{depicting} and actual human skulls bearing the scars of Trephination. (Ancient History Encyclopedia)



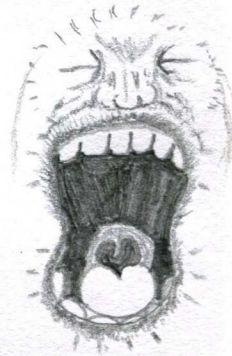
In some Ancient Cultures, a well known belief was that mental illness was "The Result of Supernatural Phenomena."

The Egyptians encouraged those stricken with mental illness to participate in recreational activities to relieve symptoms, the benefits of which are still widely recognised today. Here at the Chilli Studios recreational activities such as music and painting/Arts are still playing a vital role in improving the mental health and overall lifestyle of its members.

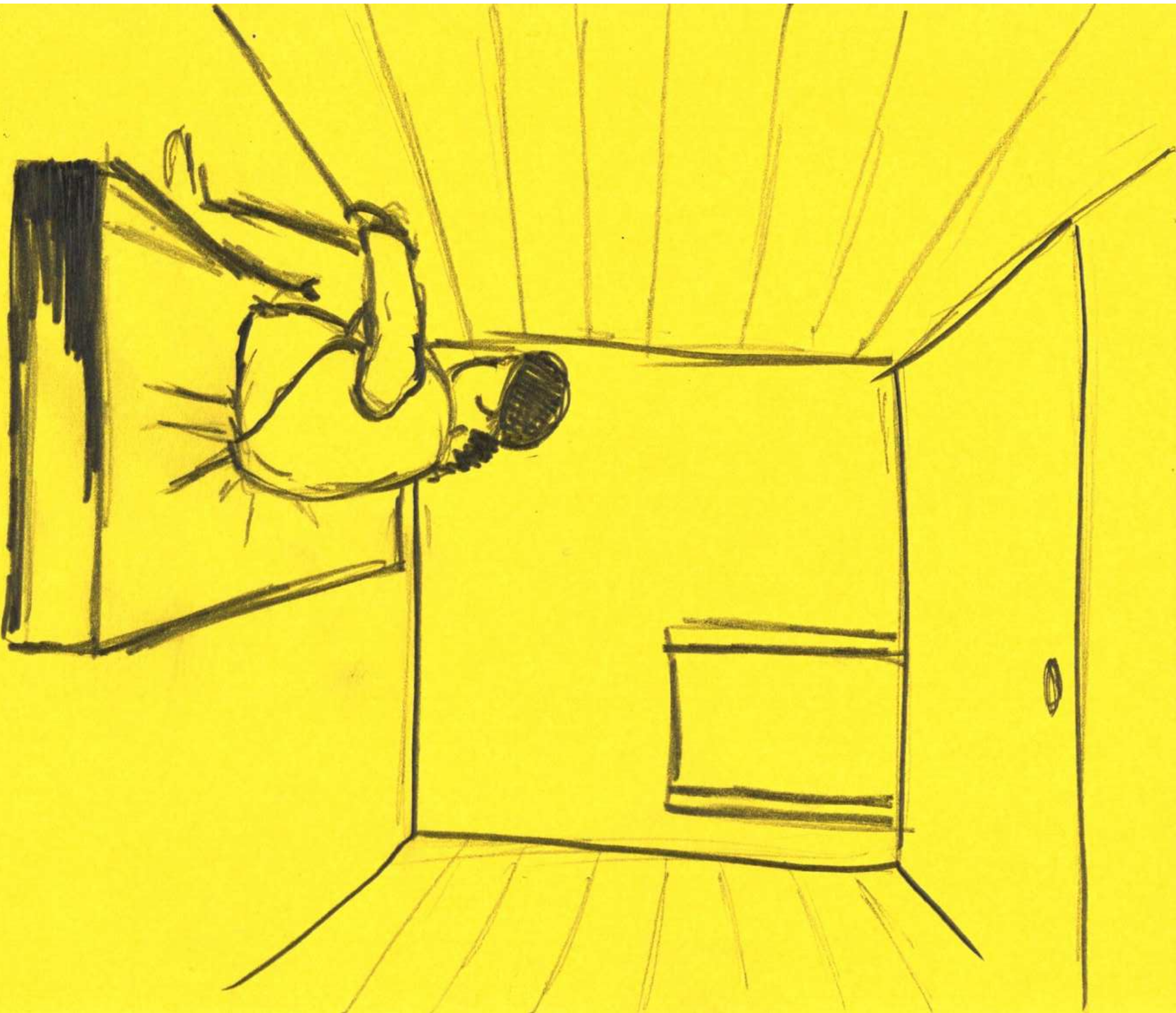
Bloodletting - Selfharming

Darleness sets in within the shadowed corners hidden within the torment continues it begins, pain with no pain no release, the never ending silent screams echo from within, let it out cut it out bleed it out create the pain a sting a burn the cicale continues temporary release, pain with no pain scars with no scars no escape, it begins once again.

It's not necessarily the flow the blood but the release and the sudden and gradual onset of pain, as the volume of cuts increase the sharpness of the pain transform to the onset of a burning sensation.



A release been able to experience pain comparable to that which lies within been in control of how much and how the pain is released, control with no control it becomes an addiction, Pain with no pain scars with no scars what dwells within the constant urge to cut Deeper becomes overwhelming.



NO ONE EVER SAID
LIFE WAS FAIR!



In and out of mind?

Who cares?



We care!

ent and what up.
News of the World two
is through to the next

This had—Terry is an
er. He had a twin
y were the first twins
again rich. He used to
how piers get that
he says and gives a
make more friends
has room for 25 more
Terry. Charge. Heron,
can they don't always
aren't enough money

laps. "I had used of
the old ones people at
re. But things have

And for one man it
there has been no visitor from anywhere for
the last 17 years.

Tin is one of the 'hidden homeless'—ready
to be discharged once a home has been found.
Now 45, he's been in and out of hospital for 25
years.

He works in the hospital during the day—at
night he reads a lot, his favourite author is J.
K. Priestley. He used to do a lot of badroom
dancing—he once reached gold-medal
standard—perhaps he could take it up again,
he says, when he's released.

"I'd rather be out—everything's done for
you here," he explains. "I think I could make a
good thing."

in psychiatry. The
in 1938—since then it has excited comment for
and against.

ECT patients, like Margaret, have had no
breakfast this morning. She has been given a
routine pre-anaesthetic medication and is then
wheeled into the treatment room.

Margaret lies on a bed with the pillow
removed—she is given an intravenous injection
of a short-acting anaesthetic and through the
same needle, a dose of muscle relaxant. Asked
to count aloud, she stops at five and falls.

Her breathing is aided by a face mask and
pressure bag—and the shock is administered.

Two electrodes, dampened with a local-
anaesthetic solution to prevent skin burns at their
contact points, are placed like crude head-

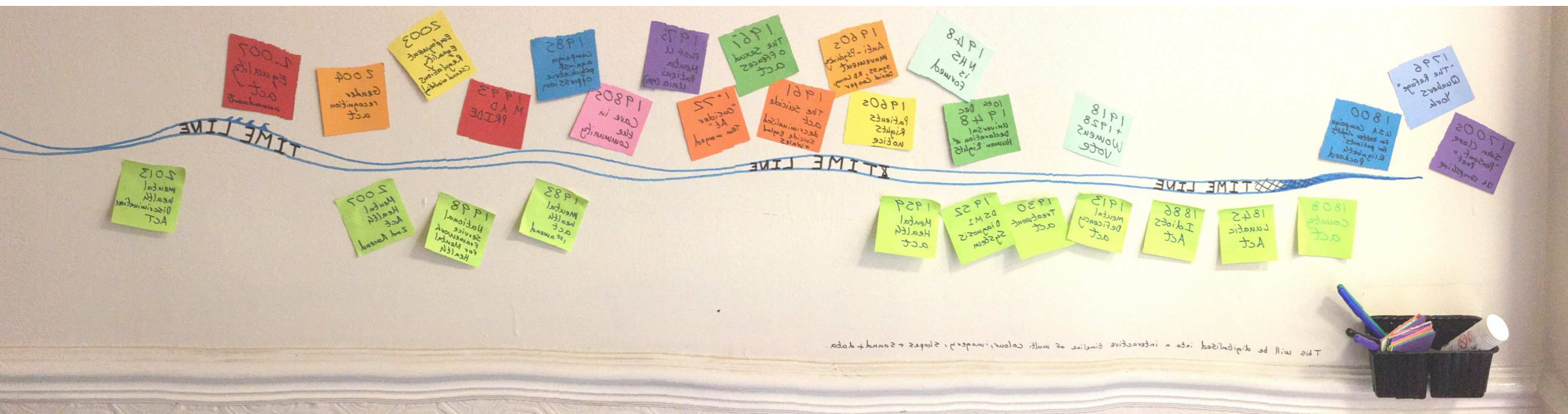
stems on each patient's head. The moment
time you get to the end of the count, the man
didn't need any kind of shock," he says.

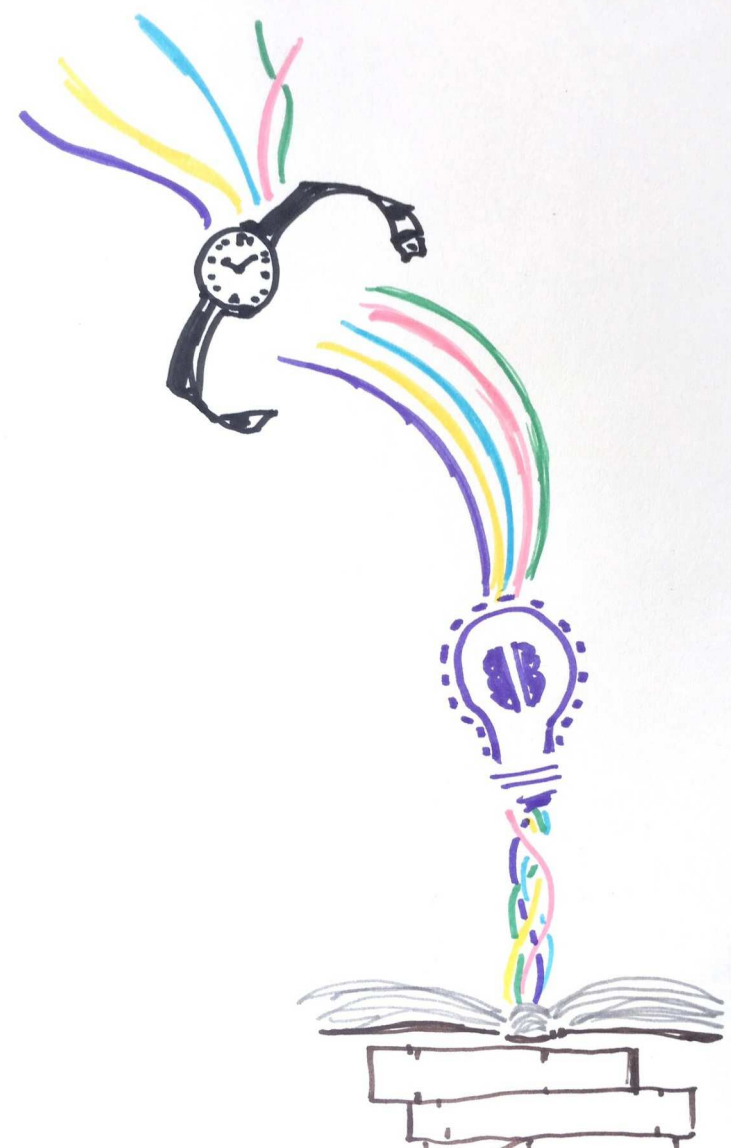
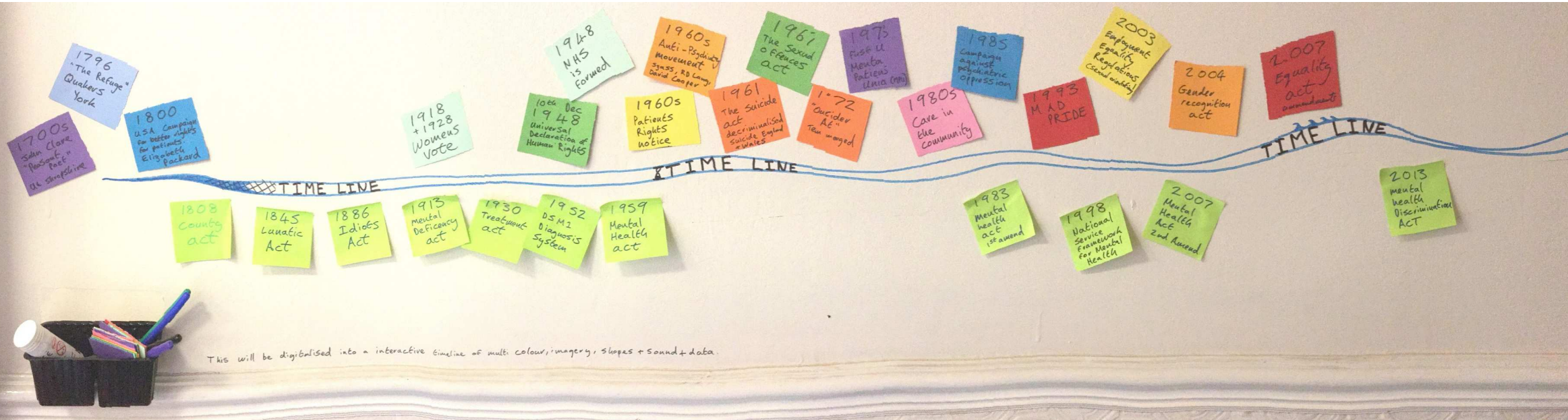
Friday

These wards are generally silent, peopled
with old men and women hanging on to a last
of life. The eldest is 103.

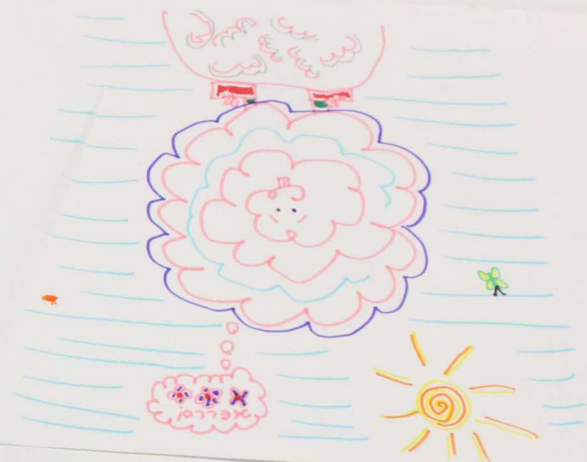
Most of them do not know their own names,
they do not know what day it is, they do not
know where they are.

In the ward they sit in chairs and their
feet swing in when the fading red carpet slams
the door with their double doors.





DOODLE FEEDBACK!



Fight Your Demons never give up
by Hassan

Irrespective
of
WHAT
Goes on in
our heads,
We should
all be
given a
Chance
to Grow
AM









A collaborative sketch book made of pages collected together from thoughts, ideas, cut-ups and sketches produced during Heads & Tales heritage project workshops between January - July 2018. Supported by Chilli Studios, North Tyneside Art Studio and Artist in Residence Nelly Stavropoulou at Tyne and Wear Archives and Museums.

Featuring artists and support from:

Tracey Hopper, Danny Crossley, Cal Desmond-Blanson, Kelly, Barry Ormston, Carol Robinson, Ruth Williamson, Marco Galli, Sian Patterson, Deborah B, Chris Dalton, John Brown, Janette Kilgour, Camille Ormston, John Young, Dave Dougall, Marie Chambers, Olya Bowers, Selma Star, Reanna Smith, Agnes, Alan Evans, Tony, Heather Dunlop, Karl, Lucretia Harrison, Michael Thomas, Karen, Logie Evans-Teush, Fherisia Dougall, Hannah Fleming, Adam Berkley, Clare Matthews, Sam Mortimer, El H, Jayne Kimble, Melis H, Amber, Jane S, Yi Gao, Ryan Haley, Lee Smith, Zoe Walters, Joanne Burke, Kath B, Suzanne P, Zoe B, Freddie N, Judith C, Pauline W, June W, Katie K, Betty Lee, Ali K, Donna W, Allyson J, Andrew, Eve, Michael C, Steph Sykes and more.

HEADS & TALES is a project initiated in November 2017 to create a new heritage archive for the North East exploring, rebalancing and celebrating the voice of adults experiencing mental health conditions. This project was shaped and led by participants, volunteers and staff who are directly or indirectly affected by mental health issues. Led by Chilli Studios a Mental Health focused Art Studio and funded by Heritage Lottery Fund and National Lottery Players.

Creatively improving mental health

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