

Q5: What are your concepts of present attitudes and treatments of mental health?

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I was just gonna to say, that I think that even though we may not be treating individuals living with mental illness in institutions anymore, I think our approaches are still very much based on bio-medical conceptions of health. You know, there is huge stigma when people aren't taking their medication or aren't seeing their psychiatrist or psychologist. I think, kind of, going back to what people were saying about schools, I think if we were to be really be critical and see how much the environment that we grow up in, our family, our economic status, all these things intersect to contribute to our mental health then that would be a really powerful shift. But I think that would kind of go against a lot of prevailing neo-liberal norms which very much individualize people and don't look at these collective issues but I think that would be a much more powerful way of improving the overall mental health rather than focusing on, you know, pharmaceuticals and psychiatrists.