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## Breaking The Silence: The Stigma of Mental Illness

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By Polly Fielding

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 184 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. Imagine being blamed for having cancer. Its unthinkable! But whilst physical illness usually evokes a positive, sympathetic response, people frequently react to mental illness in a dismissive, alienating, even scornful manner. No-one who is mentally ill should ever feel the need to apologise for it. But too often, fear and ignorance lead to a sufferer being marginalised and ostracised by friends, neighbours, family and work colleagues. Despite mental health disorders being so common - one in four people will suffer from mental illness at some point in their life - it continues to carry a social stigma. The consequent loss of jobs, friendships and marriages compounds emotional pain, adds to the sense of shame, isolation and desperation and makes recovery more difficult. Time To Change (to which all profits from this book will be donated) and other charities worldwide are campaigning vigorously to change public attitudes, helping to inform about mental health issues and making it more acceptable to speak about them. Brazilian author, Paulo Coelho, wrote: Each person knows the extent of their own suffering. . . In this...

### Reviews

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