



Social Inclusion and Mental Health

Jed Boardman

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Medicine is changing, towards a greater emphasis on self-care and patient choice. But truly collaborative care is hampered by inequality, exacerbated by stigmatisation and discrimination. These experiences of social exclusion can block the road to recovery for people with mental illness. People with mental illness are among the most socially excluded in our society. This book is concerned with social exclusion and mental disorder and the steps that psychiatrists and mental health workers can take to facilitate the social inclusion of people with mental health problems. Alongside contributions from psychiatrists and mental health professionals, people with mental illness and their carers write about the helplessness they sometimes feel when faced with mental health services, the challenges of caring for someone, and what might be done to aid the journey to recovery. The book encompasses a wealth of experience and evidence supported by research and everyday practice.

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