

Mental Health Discussion and Campaigning Groups – UK based.

List compiled by Jill Anderson following Asylum – Action and Reaction – Conference on 28 June 2017.

Please email j.anderson@lancaster.ac.uk with corrections and other links for inclusion.

Asylum Magazine

A forum for free and open debate about controversial issues in mental health and psychiatry.

www.asylumonline.net

Beck Road Alliance

The Beck Road Alliance (BRA) exists to support survivors of organised childhood sexual abuse on Beck Road, Hackney, and ALL survivors EVERYWHERE, to share their testimonies of surviving childhood sexual abuse.

<http://www.jacquidillon.org/beck-road-alliance/>

Bridge Collective CIC [Exeter]

A democratic community where people who have experiences, beliefs, and feelings that have sometimes been labelled as mental illness are welcomed and can talk about these experiences freely, safely and without judgement; a place to participate in friendship, support, learning, teaching, discussion, being active, and making a valid contribution both within the collective and the wider community.

<http://www.bridgecollective.org.uk/>

Critical and Creative Approaches to Mental Health Practice [Lancaster]

A discussion group - for all who are passionate about sustaining creative and critical practice in mental health.

<http://www.ccramp.org.uk/>

Critical Mental Health Nurses' Network

The CMHNN has been formed by a group of critically minded nurses and student nurses and has attracted substantial attention since its launch in April 2015. It is a network in which **anyone** who is interested in the quality of mental health nursing may participate.

<https://criticalmhnursing.org/>

Critical Psychiatry Network

A network primarily for psychiatrists, psychiatric trainees and medical students with an interest in psychiatry.

<http://www.criticalpsychiatry.co.uk/>

Community Psychology UK

A movement of community psychology in the UK. Together we hope to empower, liberate and achieve improved well-being for all.

<http://communitypsychologyuk.ning.com/>

Emerging Proud

Emerging Proud is a campaign about providing hope; that breaking down does not mean we are broken; it means that we can be amidst a difficult journey to 'breakthrough'.

<https://emergingproud.com/>

Evolving Minds

Evolving Minds is a public meeting which meets on the first Monday of each at 7.30pm the Stubbing Wharf pub, Hebden Bridge, to discuss different approaches to mental health problems.

<http://www.rufusmay.com/index.php/resources/36-what-is-evolving-minds>

The Free Psychotherapy Network

A group of psychotherapists offering free and low-fee psychotherapy to people on low incomes.

<https://freepsychotherapynetwork.com/>

Hearing Voices Network

Supports local groups, provides a forum, website and resources.

<https://www.hearing-voices.org/>

ISPS UK

ISPS promotes psychological and social approaches to psychosis. ISPS UK is the United Kingdom network of the International organisation [ISPS](#) – International Society for Psychological and Social Approaches to Psychosis (formerly known as the International Society for the Psychological Treatment of the Schizophrenias and other Psychoses).

<http://www.ispsuk.org/>

Mad Pride Hull

Mad Pride is about getting people talking about madness, and challenging the tyranny of normality, in creative ways.

<https://madpride.tk/>

Mad Studies Network

This started as a website for the [Mad Studies stream at Lancaster Disability Studies conference 2014](#). At first it just had the abstracts and programme from the conference. But since then it has grown. Those who attended the conference thought it might be a good idea to begin an international network, so that those involved with Mad Studies could connect with each other, share work and ideas.

<https://madstudies2014.wordpress.com/>

See also, **Ragged University's Mad World Archive** - a collection of critical perspectives in the area of Mad Studies.

<https://www.raggeduniversity.co.uk/mad-world-archive/>

Manchester Icarus Group

Discussion and support group for those who have experienced 'madness'. The group takes a critical view of mainstream discourse about 'mental health' and 'psychiatric disorders'. We aim to look at our states of mind beyond the narrow and rigid dogmas of NICE, NHS Psychiatry and the Royal College of Psychiatrists.

<https://www.meetup.com/Manchester-Radical-Mental-Health-Meetup/>

Mental Health Under Capitalism [London]

"Mental Health Under Capitalism" is a debate and peer support group, discussing specific topics around mental health in our society, such as The Happiness Industry, Managing Hearts (self-care) and hearing voices.

<https://en-gb.facebook.com/MentalHealthUnderCapitalism/>

Midlands Psychology Group

We are a group of clinical, counselling and academic psychologists who believe that psychology—particularly but not only clinical psychology—has served ideologically to detach people from the world we live in, to make us individually responsible for our own misery and to discourage us from trying to change the world rather than just 'understanding' our selves. What are too often seen as private predicaments are in fact best understood as arising out of the public structures of society.

www.midpsy.org

National Paranoia Network

The Paranoia Network was originally launched in 2004. It is run by Peter Bullimore, Kate Crawford and Tori Reeve, the organisation aims to raise awareness of how disabling paranoia can be and to breakdown social taboos.

<http://www.nationalparanoianetwork.org/>

National Survivor User Network

NSUN network for mental health is an independent, service-user-led charity that connects people with experience of mental health issues to give us a stronger voice in shaping policy and services.

<http://www.nsun.org.uk/>

See also: NSUN directory of groups - <http://www.nsun.org.uk/groups/>

Psychologists for Social Change

Psychologists for Social Change is a network of applied psychologists, academics, therapists, psychology graduates and others who are interested in applying psychology to policy and political action.

<http://www.psychchange.org/>

Recovery in the Bin

This User Led group is for MH Survivors and Supporters who are fed up with the way colonised 'recovery' is being used to discipline and control those who are trying to find a place in the world, to live as they wish, trying to deal with the very real mental distress they encounter on a daily basis. We believe in human rights and social justice!

<https://recoveryinthebin.org/>

ReVision [Liverpool]

A coalition of radical activists who believe in the social model of mental health.

Contact: revision.liverpool@hotmail.co.uk

Shatter Boys UK

A peer support groups for adult male survivors of child sexual abuse.

<https://shatterboysuk.wordpress.com/>

Social Perspectives Network

The Social Perspectives Network is a unique coalition of service users/survivors, carers, policy makers, academics, students and practitioners interested in how social factors both contribute to people becoming distressed, and play a crucial part in promoting people's recovery.

<http://spn.org.uk/>

Social Work Action Network

SWAN is a loose network of social work practitioners, academics, students and social welfare service users united in their concern that social work activity is being undermined by managerialism and marketisation, by the stigmatisation of service users and by welfare cuts and restrictions.

<http://www.socialworkfuture.org>

Soteria Network

A network of people in the UK promoting the development of drug-free and minimum medication therapeutic environments for people experiencing 'psychosis' or extreme states.

<http://www.soterianetwork.org.uk/>

Survivors History Group

The Survivors History Group was founded in April 2005 to value and celebrate the contribution that mental health service users/survivors have made and are making to history. Meets regularly in London.

<http://studymore.org.uk/forum.htm>

Survivor Researcher Network

The Survivor Researcher Network (SRN) is a network set up to support people with lived experience of mental distress with an interest in research. It is hosted by NSUN.

<http://www.nsun.org.uk/about-us/our-work/survivor-researcher-network/>

Updated 8 July 2017