

Do you suffer from mental
distress?

The RSMH – the way back

"The best way of healing mental illness is often human contact."



Mental distress – more common than you think

According to several studies, as many as 1.4 million people in Sweden or 15 percent of the population will at least once in their life be affected by mental distress which requires professional help and support. Every other woman and every fourth man run the risk of having a depression. The increase of long-term sick leaves can be related to mental distress.

It can happen to anybody

Everyone is more or less vulnerable to events in life and their reaction is different from one to another. Heredity, conditions of growth, traumatic experiences and other trials may together or each one separated cause mental distress. This can happen to anybody, it is impossible to predict the reaction in a certain situation.

Prejudice makes it harder

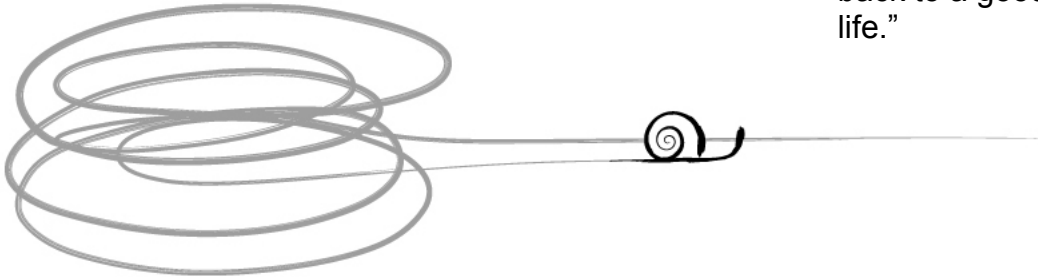
The best way of healing mental distress is often human contact, to be treated with warmth and respect. In fact, many people with mental illnesses are often treated with fear, lack of knowledge and prejudice, because their problems cannot be seen on the outside. This makes them feel very lonely. They are often described in a very unvaried manner by media, which can lead to strengthening of the negative attitudes towards them. By reason of that, the mental distress could grow even worse.

There is a way back

The possibilities of recovery from serious mental illness are proven better than expected. Often, the path is crooked, with easier and harder parts. Therefore, the support from relatives, friends and personnel is very important. Never mind how tough life can be, it is always the individual's own responsibility to take active part in the recovery from mental distress.

A membership in the RSMH could be the first step back to a good life. Support from people with similar experiences means a lot, because they understand your problems. This may hopefully lead to strengthening of the individual's self-esteem, and also to the responsibility to improve his or her situation.

"The RSMH helps you find your way back to a good life."



The RSMH – the way back to a richer life

The task of the RSMH, the Swedish National Association for Social and Mental Health, is to work for that people with mental health problems should be given good conditions to return to a good life.

Demands of the RSMH for people with mental distress:

- *they should be treated with understanding and respect*
- *they should be given professional help at an early stage and during a sufficient period of time*
- *they should be regarded as experts on their own experience and should be given influence over their own treatment*
- *a wide range of different treatments, support and psychotherapy, if necessary in combination with medication needed should be offered to them.*

Support and possibility to get influence over your own situation

User-run clubs nationwide give you the possibility to get to know other people with similar experiences and let you know that you are not alone with the problems. The clubs offer many activities, such as taking a break in the cafeteria, picnics, different courses or lectures. You also have the possibility to take active part in the daily work of the club. Many clubs have started special self-help groups where members can meet and discuss their experiences. This helps them feel better and make progress with their lives.

The clubs and the National Association also work for the improvement of recovery at a larger perspective. The RSMH takes active part in the public discussions, arranges conferences and acts as a body to which a proposed measure is referred for consideration towards the authorities. Our members are educated to protect their rights towards communities and regions. We try to affect the attitudes towards people with mental distress and make sure treatment and service are accessible by educating and informing personnel, politicians and authorities.

This is what a membership in a local RSMH-club means:

- *you are free to be the person you are and feel the way you feel.*
- *it is up to you to decide which activities you want to participate in.*
- *your participation and initiatives are encouraged.*
- *you get the chance to discover your capability.*



"The voice of the RSMH grows stronger the more members we are"

Welcome as a member.

Our voice grows stronger the more members we are. Whether you are member in a local club or just want to support our work, your membership is needed.

Membership in a local club

The membership contains:

- *information about the activities of the club, the region and the national association and possibility to take part in these activities*
- *the magazine Revansch!, 6 issues per year*
- *membership discount on all our books*
- *information about social and mental health problems, courses, conferences and publications*
- *possibility to influence the work of the RSMH on different levels.*

The fee is SEK 160 per year, which can be paid directly to postal giro account **40 62 92-3**. You will automatically be a member of the nearest club. If you want a membership in a certain club, please let us know. We also ask you to state your postal address and your e-mail address on the form.

Supporting membership

The supporting membership contains:

- *the magazine Revansch!, 6 issues per year*
 - *membership discount on all our books*
 - *information about social and mental health problems, courses, conferences and publications.*
- Please note that all information will be sent to your e-mail address only.*

The fee is **SEK 200 per year**, which can be paid directly to postal giro account **40 62 92-3**. Please state your postal address and your e-mail address on the form.

Do you want more information?

Please visit our website www.rsmh.se, where you can get more information about the RSMH, your nearest club, social and mental health, books, courses and conferences.

You are also welcome to contact our head office.

The RSMH, the Swedish National Association for Social and Mental Health, was founded in 1967. It is a non-profit organisation with no political or religious connections.

Among our approximately 10,000 members are people who experience mental and social health problems, relatives and others with an interest in our work. We have about 150 clubs all over the country.

The nursing home **Baggensudden** for young women with a borderline diagnosis is run by the **RSMH**, who is also a part of the research foundation **Humlan**. The task of the research foundation Humlan is to support user-related research. Furthermore, Humlan is one of the co-operation partners of **the National Help Line**, the national help-telephone.



Behandlingshemmet
BAGGENSUDDEN
www.baggensudden.com



Forskningsstiftelsen
HUMLAN

NATIONELLA
Hjälplinjen
020-220060

NATIONELLA HJÄLPLINJEN
www.nationellahjalplinjen.se

For more information about the RSMH, our books and conferences please visit

www.rsmh.se

Head office:

+46 (0)8-772 33 60

RSMH

Riksförbundet för Social och Mental Hälsa
Instrumentvägen 10, S-126 53 Hägersten Sweden

Telephone: +46 (0)8-772 33 60 - Fax: +46 (0)8-772 33 61

E-mail: rsmh@rsmh.se - Website: www.rsmh.se