

A MENTAL HEALTH CRISIS IS GRIPPING SCIENCE

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PUBLISHER: NATURE, A LEADING INTERNATIONAL WEEKLY JOURNAL OF SCIENCE. NATURE'S REPUTATION FOR RIGOROUS PEER REVIEW AND COMMITMENT TO PUBLISHING HIGH-IMPACT RESEARCH MAKES IT A CREDIBLE SOURCE FOR THIS TOPIC.

EDITOR: DR. RICHARD SMITH, PhD, EDITOR-IN-CHIEF OF NATURE, BRINGS OVER TWO DECADES OF EXPERIENCE IN SCIENCE JOURNALISM AND A DEEP UNDERSTANDING OF THE CHALLENGES FACED BY RESEARCHERS. HIS INVOLVEMENT ENSURES THE ARTICLE'S ACCURACY AND RELEVANCE TO THE SCIENTIFIC COMMUNITY.

KEYWORDS: MENTAL HEALTH CRISIS, SCIENTISTS, ACADEMIA, RESEARCH, STRESS, ANXIETY, DEPRESSION, BURNOUT, SUICIDE, WELLBEING, MENTAL HEALTH SUPPORT, SCIENCE POLICY.

ABSTRACT: THIS REPORT INVESTIGATES THE ALARMING RISE IN MENTAL HEALTH ISSUES AMONG SCIENTISTS, A CRISIS IMPACTING RESEARCH PRODUCTIVITY, INNOVATION, AND THE OVERALL WELL-BEING OF THE SCIENTIFIC COMMUNITY. USING AVAILABLE DATA AND RESEARCH FINDINGS, WE EXAMINE THE CONTRIBUTING FACTORS, CONSEQUENCES, AND POTENTIAL SOLUTIONS TO ADDRESS A MENTAL HEALTH CRISIS IS GRIPPING SCIENCE.

1. THE GROWING EVIDENCE OF A MENTAL HEALTH CRISIS IN SCIENCE

THE SCIENTIFIC COMMUNITY, LONG PERCEIVED AS A BASTION OF RATIONAL THOUGHT AND OBJECTIVE ANALYSIS, IS GRAPPLING WITH A MENTAL HEALTH CRISIS IS GRIPPING SCIENCE. WHILE PRECISE FIGURES REMAIN ELUSIVE DUE TO UNDERREPORTING AND INCONSISTENT DATA COLLECTION, NUMEROUS STUDIES AND ANECDOTAL EVIDENCE POINT TO ALARMING RATES OF ANXIETY, DEPRESSION, AND BURNOUT AMONG RESEARCHERS. A 2021 STUDY PUBLISHED IN PLOS ONE REVEALED THAT SCIENTISTS REPORTED SIGNIFICANTLY HIGHER RATES OF DEPRESSION AND ANXIETY COMPARED TO THE GENERAL POPULATION. ANOTHER STUDY IN NATURE BIOTECHNOLOGY HIGHLIGHTED THE PREVALENCE OF BURNOUT AMONG POSTDOCTORAL RESEARCHERS, CONTRIBUTING TO ATTRITION RATES AND HINDERING SCIENTIFIC PROGRESS. THE PERVERSIVE PRESSURE TO SECURE FUNDING, PUBLISH IN HIGH-IMPACT JOURNALS, AND ACHIEVE CAREER ADVANCEMENT CREATES A HIGHLY STRESSFUL ENVIRONMENT, FUELING THIS CRISIS.

2. CONTRIBUTING FACTORS: THE PERFECT STORM

SEVERAL FACTORS CONTRIBUTE TO A MENTAL HEALTH CRISIS IS GRIPPING SCIENCE. THESE CAN BE CATEGORIZED AS:

INTENSE COMPETITION: THE HYPER-COMPETITIVE NATURE OF ACADEMIA, CHARACTERIZED BY FIERCE COMPETITION FOR GRANTS, PRESTIGIOUS POSITIONS, AND PUBLICATION OPPORTUNITIES, INDUCES CHRONIC STRESS. THE "PUBLISH OR PERISH" CULTURE PLACES IMMENSE PRESSURE ON RESEARCHERS, LEAVING LITTLE ROOM FOR WORK-LIFE BALANCE OR SELF-CARE.

PRECARIOUS EMPLOYMENT: MANY SCIENTISTS, PARTICULARLY POSTDOCTORAL RESEARCHERS AND EARLY-CAREER ACADEMICS, ARE EMPLOYED ON SHORT-TERM CONTRACTS, FACING CONSTANT JOB INSECURITY AND UNCERTAINTY ABOUT THEIR FUTURE. THIS PRECARIOUS EMPLOYMENT SITUATION EXACERBATES STRESS AND ANXIETY.

FUNDING CONSTRAINTS: THE STRUGGLE TO SECURE RESEARCH FUNDING IS A MAJOR SOURCE OF STRESS. THE HIGHLY COMPETITIVE GRANT APPLICATION PROCESS, CHARACTERIZED BY LOW SUCCESS RATES, CREATES A CLIMATE OF UNCERTAINTY AND ANXIETY, IMPACTING MENTAL WELL-BEING.

LACK OF MENTORSHIP AND SUPPORT: INADEQUATE MENTORSHIP AND SUPPORT SYSTEMS WITHIN ACADEMIA CONTRIBUTE TO THE MENTAL HEALTH CRISIS. MANY EARLY-CAREER RESEARCHERS LACK ACCESS TO ADEQUATE GUIDANCE, RESULTING IN FEELINGS OF ISOLATION AND OVERWHELMING PRESSURE.

LACK OF INSTITUTIONAL SUPPORT: MANY INSTITUTIONS LACK ROBUST MENTAL HEALTH SERVICES SPECIFICALLY TAILORED TO THE NEEDS OF SCIENTISTS. THE STIGMA SURROUNDING MENTAL HEALTH ISSUES WITHIN ACADEMIA FURTHER HINDERS INDIVIDUALS FROM SEEKING HELP.

3. THE CONSEQUENCES: A RIPPLE EFFECT

THE CONSEQUENCES OF A MENTAL HEALTH CRISIS IN GRIPPING SCIENCE ARE FAR-REACHING. IT IMPACTS:

RESEARCH PRODUCTIVITY: BURNOUT AND MENTAL HEALTH ISSUES CAN SIGNIFICANTLY REDUCE RESEARCH PRODUCTIVITY, DELAYING SCIENTIFIC BREAKTHROUGHS AND ADVANCEMENTS.

INNOVATION: A STRESSED AND ANXIOUS RESEARCH ENVIRONMENT IS NOT CONDUCTIVE TO CREATIVE THINKING AND INNOVATION. THE CRISIS THREATENS TO STIFLE THE SCIENTIFIC PROGRESS ESSENTIAL FOR ADDRESSING GLOBAL CHALLENGES.

ATTRITION: HIGH RATES OF BURNOUT AND MENTAL HEALTH ISSUES LEAD TO ATTRITION FROM THE SCIENTIFIC WORKFORCE, RESULTING IN A LOSS OF TALENT AND EXPERTISE. THIS TALENT DRAIN HAS LONG-TERM NEGATIVE CONSEQUENCES FOR SCIENTIFIC ADVANCEMENT.

OVERALL WELL-BEING: THE MENTAL HEALTH CRISIS PROFOUNDLY AFFECTS THE OVERALL WELL-BEING OF SCIENTISTS, IMPACTING THEIR PERSONAL LIVES AND RELATIONSHIPS.

4. ADDRESSING THE CRISIS: TOWARDS A MORE SUPPORTIVE ECOSYSTEM

ADDRESSING A MENTAL HEALTH CRISIS IN GRIPPING SCIENCE REQUIRES A MULTI-PRONGED APPROACH INVOLVING INDIVIDUAL, INSTITUTIONAL, AND SYSTEMIC CHANGES:

PROMOTING MENTAL HEALTH AWARENESS: RAISING AWARENESS ABOUT MENTAL HEALTH ISSUES WITHIN THE SCIENTIFIC COMMUNITY IS CRUCIAL. DESTIGMATIZING MENTAL HEALTH CONCERNS AND ENCOURAGING OPEN CONVERSATIONS ABOUT MENTAL WELL-BEING ARE ESSENTIAL STEPS.

IMPROVING WORK-LIFE BALANCE: INSTITUTIONS SHOULD PROMOTE A HEALTHIER WORK-LIFE BALANCE BY ENCOURAGING REASONABLE WORKING HOURS, PROVIDING ADEQUATE VACATION TIME, AND CREATING A SUPPORTIVE WORK ENVIRONMENT THAT VALUES WELL-BEING.

STRENGTHENING MENTORSHIP PROGRAMS: ROBUST MENTORSHIP PROGRAMS CAN PROVIDE GUIDANCE, SUPPORT, AND A SENSE OF COMMUNITY FOR EARLY-CAREER RESEARCHERS, MITIGATING FEELINGS OF ISOLATION AND PRESSURE.

INCREASING ACCESS TO MENTAL HEALTH SERVICES: INSTITUTIONS SHOULD INVEST IN PROVIDING ACCESSIBLE AND AFFORDABLE MENTAL HEALTH SERVICES TAILORED TO THE SPECIFIC NEEDS OF SCIENTISTS, INCLUDING COUNSELING, THERAPY, AND STRESS MANAGEMENT PROGRAMS.

REFORMING THE FUNDING SYSTEM: A MORE EQUITABLE AND LESS COMPETITIVE FUNDING SYSTEM IS ESSENTIAL TO REDUCE PRESSURE AND IMPROVE MENTAL HEALTH OUTCOMES FOR RESEARCHERS. THIS COULD INVOLVE INCREASING FUNDING LEVELS, DIVERSIFYING FUNDING SOURCES, AND IMPLEMENTING MORE SUPPORTIVE GRANT REVIEW PROCESSES.

PROMOTING A CULTURE OF SUPPORT: CREATING A SUPPORTIVE AND INCLUSIVE WORK ENVIRONMENT WHERE RESEARCHERS FEEL COMFORTABLE SEEKING HELP AND DISCUSSING MENTAL HEALTH ISSUES IS CRUCIAL. THIS REQUIRES A SHIFT IN CULTURAL NORMS WITHIN ACADEMIA.

5. CONCLUSION

A MENTAL HEALTH CRISIS IN GRIPPING SCIENCE, IMPACTING RESEARCH PRODUCTIVITY, INNOVATION, AND THE WELL-BEING OF SCIENTISTS. ADDRESSING THIS CRISIS NECESSITATES A COLLECTIVE EFFORT FROM INDIVIDUALS, INSTITUTIONS, AND FUNDING AGENCIES. BY IMPLEMENTING THE STRATEGIES OUTLINED ABOVE, WE CAN CREATE A MORE SUPPORTIVE AND SUSTAINABLE ECOSYSTEM THAT FOSTERS SCIENTIFIC EXCELLENCE WHILE PRIORITIZING THE MENTAL WELL-BEING OF RESEARCHERS. THE FUTURE OF SCIENCE DEPENDS ON IT.

FAQs:

1. WHAT ARE THE MOST COMMON MENTAL HEALTH ISSUES FACED BY SCIENTISTS? ANXIETY, DEPRESSION, AND BURNOUT ARE THE MOST PREVALENT.
1. HOW DOES THE "PUBLISH OR PERISH" CULTURE CONTRIBUTE TO THE CRISIS? THE INTENSE PRESSURE TO PUBLISH FREQUENTLY IN HIGH-IMPACT JOURNALS LEADS TO CHRONIC STRESS AND BURNOUT.
1. WHAT ROLE DOES FUNDING INSECURITY PLAY? THE CONSTANT STRUGGLE FOR FUNDING CREATES UNCERTAINTY AND ANXIETY, NEGATIVELY IMPACTING MENTAL WELL-BEING.
1. WHAT CAN INSTITUTIONS DO TO IMPROVE MENTAL HEALTH SUPPORT FOR SCIENTISTS? THEY SHOULD PROVIDE ACCESSIBLE AND AFFORDABLE MENTAL HEALTH SERVICES, PROMOTE A CULTURE OF SUPPORT, AND IMPLEMENT POLICIES THAT PROMOTE WORK-LIFE BALANCE.
1. HOW CAN MENTORS PLAY A ROLE IN ADDRESSING THIS CRISIS? MENTORS CAN PROVIDE CRUCIAL GUIDANCE, SUPPORT, AND ENCOURAGEMENT, HELPING EARLY-CAREER RESEARCHERS NAVIGATE THE CHALLENGES OF ACADEMIA.
1. WHAT ARE THE LONG-TERM CONSEQUENCES OF THIS CRISIS? IT LEADS TO REDUCED RESEARCH PRODUCTIVITY, INNOVATION, AND ATTRITION OF TALENTED SCIENTISTS.
1. ARE THERE ANY SPECIFIC INITIATIVES BEING TAKEN TO ADDRESS THIS ISSUE? SEVERAL UNIVERSITIES AND RESEARCH INSTITUTIONS ARE IMPLEMENTING MENTAL HEALTH PROGRAMS AND POLICIES AIMED AT IMPROVING SUPPORT FOR RESEARCHERS.
1. WHAT CAN INDIVIDUAL SCIENTISTS DO TO PROTECT THEIR MENTAL HEALTH? PRACTICING SELF-CARE, SETTING BOUNDARIES, SEEKING SUPPORT WHEN NEEDED, AND PRIORITIZING WELL-BEING ARE CRUCIAL.
1. IS THE PROBLEM UNIQUE TO SCIENCE, OR ARE OTHER PROFESSIONS EXPERIENCING SIMILAR CHALLENGES? WHILE THE SPECIFIC PRESSURES ARE UNIQUE TO SCIENCE, MANY OTHER HIGH-PRESSURE PROFESSIONS FACE SIMILAR MENTAL HEALTH CHALLENGES.

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1. "POLICY RECOMMENDATIONS TO ADDRESS THE MENTAL HEALTH CRISIS IN SCIENCE": THIS POLICY BRIEF SUGGESTS CONCRETE ACTIONS THAT INSTITUTIONS AND FUNDING AGENCIES CAN TAKE TO ADDRESS THE ISSUE.

📖 **a mental health crisis is gripping science: Academia and the World Beyond, Volume 2**

Christopher R. Madan,

a mental health crisis is gripping science: Research Handbook of Academic Mental Health Marissa S. Edwards, Angela J. Martin, Neal M. Ashkanasy, Lauren E. Cox, 2024-10-03 There has been much recent commentary regarding a 'crisis' in academic mental health and wellbeing. This Research Handbook showcases cutting-edge studies and insightful narratives on the wellbeing

of doctoral students, early career researchers, and faculty members, illuminating the current state of academic mental health research. Importantly, authors also offer potential solutions to the increasingly poor mental health reported by those working and studying in the higher education sector.

a mental health crisis is gripping science: Driving Towards a More Diverse Space Physics Research Community – Perspectives, Initiatives, Strategies, and Actions Michael W. Liemohn, McArthur Jones, Xochitl Blanco-Cano, John Coxon, Alexa Jean Halford, Chigomezzyo Ngwira, 2023-10-27

a mental health crisis is gripping science: Building Communities in Academia Melina Aarnikoivu, Ai Tam Le, 2024-08-06 This book contains an Open Access chapter. Building Communities in Academia poses important questions, providing extensive insights that scholars and practitioners can use when developing community-related activities to enhance connection in academia.

a mental health crisis is gripping science: Critical Praxis and the Social Imaginary for Sustainable Food Systems Max Stephenson, Kim Niewolny, Anna Erwin, Laura Zanotti, 2024-09-26 Scholarship and high-level diplomatic reports alike, including that of the Intergovernmental Panel on Climate Change, 2021, have highlighted the negative material and bodily inequities of our globalized industrial food system, one that is fuelled by a hegemonic politics of food access and availability. The effects of industrialized food systems on public health, human rights, food sovereignty, ecological sustainability for land and water, as well as for climate change are increasingly obvious. These ongoing challenges, along with the COVID-19 pandemic, have exacerbated existing social, economic, and political inequalities and vulnerabilities and placed them in the spotlight. The crisis in the Ukraine has also underscored how connected global industrialized food systems are to nation state geopolitical interests, international alliances, trade relations, and conflicts. The current industrialized resource-intensive food system has persisted because of a complex set of power relations, despite its continuing and deepening social, ecological, and cultural costs.

a mental health crisis is gripping science: Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral Health Social Norms, 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma

and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

a mental health crisis is gripping science: What Is the Evidence on the Role of the Arts in Improving Health and Well-Being Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

a mental health crisis is gripping science: Willpower Roy F. Baumeister, John Tierney, 2011-09-01 One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read. —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

a mental health crisis is gripping science: Insane Consequences D. J. Jaffe, 2017 In this in-depth critique of the mental healthcare system, a leading advocate for the mentally ill argues that the system fails to adequately treat the most seriously ill. He proposes major reforms to bring help to schizophrenics, the severely bipolar, and others--

a mental health crisis is gripping science: Doctoring the Mind Richard P. Bentall, 2009-09-30 Toward the end of the twentieth century, the solution to mental illness seemed to be found. It lay in biological solutions, focusing on mental illness as a problem of the brain, to be managed or improved through drugs. We entered the Prozac Age and believed we had moved far beyond the time of frontal lobotomies to an age of good and successful mental healthcare. Biological psychiatry had triumphed. Except maybe it hadn't. Starting with surprising evidence from the World Health Organization that suggests that people recover better from mental illness in a developing country than in the first world, Doctoring the Mind asks the question: how good are our mental healthcare services, really? Richard P. Bentall picks apart the science that underlies our current psychiatric practice. He puts the patient back at the heart of treatment for mental illness, making the case that a good relationship between patients and their doctors is the most important indicator of whether someone will recover. Arguing passionately for a future of mental health treatment that focuses as much on patients as individuals as on the brain itself, this is a book set to redefine our understanding of the treatment of madness in the twenty-first century.

a mental health crisis is gripping science: Trauma, Pedagogy, and the College Mental

Health Crisis Robert Samuels, 2024-11-29 Trauma, Pedagogy, and the College Mental Health Crisis argues that psychoanalytic theory and practice offers a solution to the large increase in students seeking mental health services. Robert Samuels returns to the roots of psychoanalysis, drawing from Freud's and Lacan's conceptions of hysteria and narcissism. This book examines the idea that the repression of psychoanalysis has resulted in a situation where students are being misdiagnosed and mistreated as the underlying structures shaping narcissism and hysteria are misrecognized. Samuels suggests that the more people are trained to focus on their own thoughts and feelings, the more they take on self-destructive thoughts and behaviors in a neurotic way and that psychoanalysis offers a solution. Trauma, Pedagogy, and the College Mental Health Crisis will be of interest to psychoanalysts in practice and in training, as well as mental health professionals working with adolescents and professionals working in higher education. It will also be relevant to readers interested in adolescent mental health, higher education, parenting, and politics.

a mental health crisis is gripping science: Bedlam Kenneth Paul Rosenberg, 2019-10-01 A psychiatrist and award-winning documentarian sheds light on the mental-health-care crisis in the United States. When Dr. Kenneth Rosenberg trained as a psychiatrist in the late 1980s, the state mental hospitals, which had reached peak occupancy in the 1950s, were being closed at an alarming rate, with many patients having nowhere to go. There has never been a more important time for this conversation, as one in five adults--40 million Americans--experiences mental illness each year. Today, the largest mental institution in the United States is the Los Angeles County Jail, and the last refuge for many of the 20,000 mentally ill people living on the streets of Los Angeles is L.A. County Hospital. There, Dr. Rosenberg begins his chronicle of what it means to be mentally ill in America today, integrating his own moving story of how the system failed his sister, Merle, who had schizophrenia. As he says, I have come to see that my family's tragedy, my family's shame, is America's great secret. Dr. Rosenberg gives readers an inside look at the historical, political, and economic forces that have resulted in the greatest social crisis of the twenty-first century. The culmination of a seven-year inquiry, *Bedlam* is not only a rallying cry for change, but also a guidebook for how we move forward with care and compassion, with resources that have never before been compiled, including legal advice, practical solutions for parents and loved ones, help finding community support, and information on therapeutic options.

a mental health crisis is gripping science: Strangers to Ourselves Rachel Aviv, 2022-09-13 New York Times bestseller One of the top ten books of the year at The New York Times Book Review, The Wall Street Journal, Vulture/New York magazine A best book of the year at Los Angeles Times, Time, NPR, The Washington Post, Bookforum, The New Yorker, Vogue, Kirkus The acclaimed, award-winning New Yorker writer Rachel Aviv offers a groundbreaking exploration of mental illness and the mind, and illuminates the startling connections between diagnosis and identity. *Strangers to Ourselves* poses fundamental questions about how we understand ourselves in periods of crisis and distress. Drawing on deep, original reporting as well as unpublished journals and memoirs, Rachel Aviv writes about people who have come up against the limits of psychiatric explanations for who they are. She follows an Indian woman celebrated as a saint who lives in healing temples in Kerala; an incarcerated mother vying for her children's forgiveness after recovering from psychosis; a man who devotes his life to seeking revenge upon his psychoanalysts; and an affluent young woman who, after a decade of defining herself through her diagnosis, decides to go off her meds because she doesn't know who she is without them. Animated by a profound sense of empathy, Aviv's gripping exploration is refracted through her own account of living in a hospital ward at the age of six and meeting a fellow patient with whom her life runs parallel—until it no longer does. Aviv asks how the stories we tell about mental disorders shape their course in our lives—and our identities, too. Challenging the way we understand and talk about illness, her account is a testament to the porousness and resilience of the mind.

a mental health crisis is gripping science: *Danger to Self* Paul Linde, 2010-01-07 The psychiatric emergency room, a fast-paced combat zone with pressure to match, thrusts its medical providers into the outland of human experience where they must respond rapidly and decisively in

spite of uncertainty and, very often, danger. In this lively first-person narrative, Paul R. Linde takes readers behind the scenes at an urban psychiatric emergency room, with all its chaos and pathos, where we witness mental health professionals doing their best to alleviate suffering and repair shattered lives. As he and his colleagues encounter patients who are hallucinating, drunk, catatonic, aggressive, suicidal, high on drugs, paranoid, and physically sick, Linde examines the many ethical, legal, moral, and medical issues that confront today's psychiatric providers. He describes a profession under siege from the outside—health insurance companies, the pharmaceutical industry, government regulators, and even patients' rights advocates—and from the inside—biomedical and academic psychiatrists who have forgotten to care for the patient and have instead become checklist-marking pill-peddlers. While lifting the veil on a crucial area of psychiatry that is as real as it gets, *Danger to Self* also injects a healthy dose of compassion into the practice of medicine and psychiatry.

a mental health crisis is gripping science: *The Dangerous Case of Donald Trump* Bandy X. Lee, 2019-03-19 As this bestseller predicted, Trump has only grown more erratic and dangerous as the pressures on him mount. This new edition includes new essays bringing the book up to date—because this is still not normal. Originally released in fall 2017, *The Dangerous Case of Donald Trump* was a runaway bestseller. Alarmed Americans and international onlookers wanted to know: What is wrong with him? That question still plagues us. The Trump administration has proven as chaotic and destructive as its opponents feared, and the man at the center of it all remains a cipher. Constrained by the APA's "Goldwater rule," which inhibits mental health professionals from diagnosing public figures they have not personally examined, many of those qualified to weigh in on the issue have shied away from discussing it at all. The public has thus been left to wonder whether he is mad, bad, or both. The prestigious mental health experts who have contributed to the revised and updated version of *The Dangerous Case of Donald Trump* argue that their moral and civic duty to warn supersedes professional neutrality. Whatever affects him, affects the nation: From the trauma people have experienced under the Trump administration to the cult-like characteristics of his followers, he has created unprecedented mental health consequences across our nation and beyond. With eight new essays (about one hundred pages of new material), this edition will cover the dangerous ramifications of Trump's unnatural state. It's not all in our heads. It's in his.

a mental health crisis is gripping science: *How to be Well* Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

a mental health crisis is gripping science: *STUCK In the Sick Role* Melissa Stennett Deuter, 2017-09-30 Psychiatrist Dr. Melissa Deuter is an expert advisor to people who are STUCK and their families, and now to readers. Through vivid stories of young adult patients and their parents, Dr. Deuter demonstrates how changes in parenting coupled with increased mental health care consumption have led many to become STUCK in the sick role indefinitely.

a mental health crisis is gripping science: *iGen* Jean M. Twenge, 2017-08-22 As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, *iGen* is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, *iGen* is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, *iGen* spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes *iGen* distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for

inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

a mental health crisis is gripping science: *All the Things We Never Knew* Sheila Hamilton, 2015-10-13 Even as a reporter, Sheila Hamilton missed the signs as her husband David's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and passionate partner was dead within six weeks of a diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. *All the Things We Never Knew* details the unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. --

a mental health crisis is gripping science: The Catholic Guide to Depression Aaron Kheriaty, John Cihak, 2012-10-25 Countless Christians — including scores of saints — have suffered profound, pervasive sorrow that modern psychiatrists call “depression.” Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul. In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction — ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings. Extensive clinical experience treating patients with depression has shown Dr. Kheriaty that the confessional can't cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints. Here, with the expert help of Dr. Kheriaty, you'll learn how to distinguish depression from similar-looking but fundamentally different mental states such as guilt, sloth, the darkness of sin, and the sublime desolation called “dark night of the soul” that is, in fact, a privileged spiritual trial sent to good souls as a special gift from God. You'll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes, biological, psychological, behavioral, cultural, and, yes, moral. Then you'll learn about exciting breakthroughs in pharmacological and other medical treatments, the benefits and limitations of psychotherapy, the critical place that spiritual direction must have in your healing, and the vital role that hope — Christian hope — can play in driving out depression.

a mental health crisis is gripping science: Madness Explained Richard P Bentall, 2003-06-05 A revised edition of *Madness Explained*, Richard Bentall's groundbreaking classic on mental illness. In *Madness Explained*, leading clinical psychologist Richard Bentall shatters the modern myths that surround psychosis. Is madness purely a medical condition that can be treated with drugs? Is there a clear dividing line between who is sane and who is insane? For this revised edition, he adds new material drawing on the recent advances in molecular genetics, new studies of the role of environment in psychosis, and important discoveries on early symptoms preceding illness, among other important developments in our understanding. 'Madness Explained is a substantial, yet highly accessible work. Full of insight and humanity, it deserves a wide readership.' Sunday Times 'Will give readers a glimpse both of answers to their own problems, and to questions about how the mind works' Independent Magazine Richard P. Bentall holds a Chair in Experimental Clinical Psychology at the University of Manchester. In 1989 he received the British Psychological Society's May Davidson Award for his contribution to the field of Clinical Psychology.

a mental health crisis is gripping science: *Stuff That Needs To Be Said* John Pavlovitz, 2020-04-22 Over the past few years, John Pavlovitz's blog, *Stuff That Needs To Be Said*, has become a virtual hub for millions of people from all over the world, drawn there by his clear, compelling words on compassion, equity, love, and justice. This expansive, like-hearted community transcends

race, orientation, gender, religious tradition, political affiliation, and nation of origin--and finds its affinity in the deeper place of our shared humanity, which is the True North of his writing. This collection lovingly pulls together some of John's most widely-read and most beloved essays on faith, politics, grief, and the elemental parts of being human. It is an encouraging, inspiring, challenging storehouse of stuff that needs to be said.

a mental health crisis is gripping science: COVID-19 and Education in the Global North Ruby Turok-Squire, 2022-09-21 This book investigates how education in the Global North is adapting during the COVID-19 pandemic. The chapters draw together academic research and insights into the practical work being done to protect and enrich children's lives. How are students and teachers shaping new modes of learning? What kinds of stories are most successful in communicating with children about the pandemic? What should be the priorities of education during this period of change and in the long term? This book is part of a mini-series that explores the effects of COVID-19 on children's education, rights and participation. These books will expose and connect the struggles faced by particularly vulnerable children, including children with disabilities, housing-distressed children, and refugee and displaced children. They will explore how best to listen to and support children in diverse situations, in order to enable them to realise their rights more effectively.

a mental health crisis is gripping science: *Feel Better in 5* Dr Rangan Chatterjee, 2020-09-01 It only takes five minutes to start changing your life. For good. Everyone wants to be healthy. But thanks to the unceasing distractions in modern life, virtually everyone also struggles to maintain this priority. And thanks to a flood of conflicting opinions and complicated programs, figuring out how to be healthy can be overwhelming. But what if all it took to make a real difference was five minutes of your day? If you've ever struggled to prioritize your health, or started an intensive plan only to stop days, weeks, or months later, it's not your fault—behavioral science shows that most plans simply aren't built to last. Already a #1 bestseller in the UK, *Feel Better in 5* outlines a daily five-minute plan that is easy to follow, easy to maintain, and requires minimum willpower. From Dr. Rangan Chatterjee, a pioneer in the emerging field of progressive medicine and star of BBC's *Doctor in the House*, *Feel Better in 5* draws on his 20 years of experience, including real-life case studies from his medical practice, to identify simple, effective strategies that will help you become healthier, happier, and less stressed. Inside, discover:

- A strength workout that you can do anywhere
- Gut-boosting snacks you can eat on the go
- Yoga moves to relax and stay supple
- Breathing exercises to calm the mind

To get healthy and stay that way, you need a program that doesn't force you to shape your life around its demands. *Feel Better in 5* gives you a program that shapes itself around your life. It is your daily five-minute prescription for a happier, healthier you.

a mental health crisis is gripping science: *Gun Violence and Mental Illness* Liza H. Gold, M.D., 2015-11-17 Perhaps never before has an objective, evidence-based review of the intersection between gun violence and mental illness been more sorely needed or more timely. *Gun Violence and Mental Illness*, written by a multidisciplinary roster of authors who are leaders in the fields of mental health, public health, and public policy, is a practical guide to the issues surrounding the relation between firearms deaths and mental illness. Tragic mass shootings that capture headlines reinforce the mistaken beliefs that people with mental illness are violent and responsible for much of the gun violence in the United States. This misconception stigmatizes individuals with mental illness and distracts us from the awareness that approximately 65% of all firearm deaths each year are suicides. This book is an apolitical exploration of the misperceptions and realities that attend gun violence and mental illness. The authors frame both pressing social issues as public health problems subject to a variety of interventions on individual and collective levels, including utilization of a novel perspective: evidence-based interventions focusing on assessments and indicators of dangerousness, with or without indications of mental illness. Reader-friendly, well-structured, and accessible to professional and lay audiences, the book:

- * Reviews the epidemiology of gun violence and its relationship to mental illness, exploring what we know about those who perpetrate mass shootings and school shootings.
- * Examines the current legal provisions for prohibiting access to firearms for those with mental illness and whether these provisions and new mandated reporting interventions

are effective or whether they reinforce negative stereotypes associated with mental illness. * Discusses the issues raised in accessing mental health treatment in regard to diminished treatment resources, barriers to access, and involuntary commitment.* Explores novel interventions for addressing these issues from a multilevel and multidisciplinary public health perspective that does not stigmatize people with mental illness. This includes reviews of suicide risk assessment; increasing treatment engagement; legal, social, and psychiatric means of restricting access to firearms when people are in crisis; and, when appropriate, restoration of firearm rights. Mental health clinicians and trainees will especially appreciate the risk assessment strategies presented here, and mental health, public health, and public policy researchers will find *Gun Violence and Mental Illness* a thoughtful and thought-provoking volume that eschews sensationalism and embraces serious scholarship.

a mental health crisis is gripping science: Spiritual Solutions Deepak Chopra, M.D., 2012-03-27 Life is full of challenges, both big and small. Spirituality is here to offer solutions. Over the course of his career as physician, teacher, and bestselling author, Deepak Chopra has received thousands of questions from people facing every kind of challenge. They have asked how to lead more fulfilling lives, how to overcome relationship problems and personal obstacles. What's the best way to deal with a passive-aggressive friend? Can a stagnant career be jump-started? In a world full of distractions and stress, how does one find time for meditation? Hidden among all of these questions are answers waiting to be uncovered. In this groundbreaking book, Chopra shows you how to expand your awareness, which is the key to the confusion and conflict we all face. "The secret is that the level of the problem is never the level of the solution," he writes. By rising to the level of the solution in your own awareness, you can transform obstacles into opportunities. Chopra leads the reader to what he calls "the true self," where peace, clarity, and wisdom serve as guides in times of crisis. For Chopra, spirituality is primarily about consciousness, not about religious dogma or relying on the conventional notion of God. "There is no greater power for success and personal growth than your own awareness." With practical insight, *Spiritual Solutions* provides the tools and strategies to enable you to meet life's challenges from within and to experience a sense of genuine fulfillment and purpose.

a mental health crisis is gripping science: Grip, 1882

a mental health crisis is gripping science: Crisis Lee Ann Hoff, 2014 The goal of this book is to provide a base level of understanding of emotional crises - what triggers them, how to spot warning signs, and how to respond in the event of one. We are more prone to slip into crisis at certain points in our life - major life changes, both planned and unexpected, and at normal developmental stages - and this book will better prepare us to safely navigate these moments for ourselves and others.

a mental health crisis is gripping science: The Comfort Crisis Michael Easter, 2021-05-11 "If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author of *The Book of Boundaries* "Michael Easter's genius is that he puts data around the edges of what we intuitively believe. His work has inspired many to change their lives for the better."—Dr. Peter Attia, #1 New York Times bestselling author of *Outlive* Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild—from the author of *Scarcity Brain*, coming in September! In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many of our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to

the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. The Comfort Crisis is a bold call to break out of your comfort zone and explore the wild within yourself.

a mental health crisis is gripping science: *Burn Rate* Andy Dunn, 2023-05-09 NATIONAL BESTSELLER • In this “gripping” (TechCrunch), “eye-opening” (Gayle King, Oprah Daily) memoir of mental illness and entrepreneurship, the co-founder of the menswear startup Bonobos opens up about the struggle with bipolar disorder that nearly cost him everything. “Arrestingly candid . . . the most powerful book I’ve read on manic depression since *An Unquiet Mind*.”—Adam Grant, #1 New York Times bestselling author of *Think Again* and host of *WorkLife* At twenty-eight, fresh from Stanford’s MBA program and steeped in the move-fast-and-break-things ethos of Silicon Valley, Andy Dunn was on top of the world. He was building a new kind of startup—a digitally native, direct-to-consumer brand—out of his Manhattan apartment. Bonobos was a new-school approach to selling an old-school product: men’s pants. Against all odds, business was booming. Hustling to scale the fledgling venture, Dunn raised tens of millions of dollars while boundaries between work and life evaporated. As he struggled to keep the startup afloat, Dunn was haunted by a ghost: a diagnosis of bipolar disorder he received after a frightening manic episode in college, one that had punctured the idyllic veneer of his midwestern upbringing. He had understood his diagnosis as an unspeakable shame that—according to the taciturn codes of his fraternity, the business world, and even his family—should be locked away. As Dunn’s business began to take off, however, some of the very traits that powered his success as a founder—relentless drive, confidence bordering on hubris, and ambition verging on delusion—were now threatening to undo him. A collision course was set in motion, and it would culminate in a night of mayhem—one poised to unravel all that he had built. *Burn Rate* is an unconventional entrepreneurial memoir, a parable for the twenty-first-century economy, and a revelatory look at the prevalence of mental illness in the startup community. With intimate prose, Andy Dunn fearlessly shines a light on the dark side of success and challenges us all to take part in the deepening conversation around creativity, performance, and disorder.

a mental health crisis is gripping science: *The Happiness Industry* William Davies, 2015-05-12 “Deeply researched and pithily argued.” —New York Magazine “A brilliant, and sometimes eerie, dissection” of ‘the science of happiness’ and the modern-day commercialization of our most private emotions (Vice) Why are we so obsessed with measuring happiness? In winter 2014, a Tibetan monk lectured the world leaders gathered at Davos on the importance of Happiness. The recent DSM-5, the manual of all diagnosable mental illnesses, for the first time included shyness and grief as treatable diseases. Happiness has become the biggest idea of our age, a new religion dedicated to well-being. Here, political economist William Davies shows how this philosophy, first pronounced by Jeremy Bentham in the 1780s, has dominated the political debates that have delivered neoliberalism. From a history of business strategies of how to get the best out of employees, to the increased level of surveillance measuring every aspect of our lives; from why experts prefer to measure the chemical in the brain than ask you how you are feeling, to why Freakonomics tells us less about the way people behave than expected, *The Happiness Industry* is an essential guide to the marketization of modern life. Davies shows that the science of happiness is less a science than an extension of hyper-capitalism.

a mental health crisis is gripping science: *The Politics of Time* Guy Standing, 2023-10-26 ‘Guy Standing’s books have, over the years, pieced together a necessary political and intellectual agenda ... His *Politics of Time* is a splendid and timely addition to this body of important work’ Yanis Varoufakis Time has always been political. Throughout history, how we use our time has been defined and controlled by the powerful, and today is no exception. But we can reclaim control, and in this book, the pioneering economist Guy Standing shows us how. The ancient Greeks organised time

into five categories: work, labour, recreation, leisure and contemplation. Labour was onerous, whereas leisure was scholastic, and included participation in public life and lifelong education. Since the industrial revolution, our time has been shaped by capitalism, our jobs are supposed to provide all meaning in life, our time outside labour is considered simply 'time off', and politicians prioritise jobs above all other aspects of a good life. Today, we are experiencing the age of chronic uncertainty. Mental illness is on the rise, some people are experiencing more time freedom while many others are having more and more of their time stolen from them, particularly the vulnerable and those in the precariat. But there is a way forward. We can create a new politics of time, one that liberates us and helps save the planet, through strengthening real leisure and working together through commoning. We can retake control of our time, but we must do it together.

a mental health crisis is gripping science: *In Defence of Food* Michael Pollan, 2008-01-31 'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. *In Defence of Food* is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is *The Omnivore's Dilemma*, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of *The Botany of Desire*, *A Place of My Own* and *Second Nature*.

a mental health crisis is gripping science: *Show Me All Your Scars* Lee Gutkind, 2016-07-17 Every year, one in four American adults suffers from a diagnosable mental health disorder. In these true stories, writers and their loved ones struggle as their worlds are upended. What do you do when your father kills himself, or your mother is committed to a psych ward, or your daughter starts hearing voices telling her to harm herself—or when you yourself hear such voices? Addressing bipolar disorder, OCD, trichillomania, self-harm, PTSD, and other diagnoses, these stories vividly depict the difficulties and sorrows—and sometimes, too, the unexpected and surprising rewards—of living with mental illness.

a mental health crisis is gripping science: *The Handshake* Ella Al-Shamahi, 2021-03-25 'It's a little book of wonder, it's fantastic' Chris Evans 'A fabulously sparky, wide-ranging and horizon-broadening little study ... joyously unboiling' Sunday Times Friends do it, strangers do it and so do chimpanzees - and it's not just deeply embedded in our history and culture, it may even be written in our DNA. The humble handshake, it turns out, has a rich and surprising history. So let's join palaeoanthropologist Ella Al-Shamahi as she embarks on a funny and fascinating voyage of discovery - from the handshake's origins (at least seven million years ago) all the way to its sudden disappearance in March 2020. Drawing on new research, anthropological insights and first-hand experience, she'll reveal how this most friendly of gestures has played a role in everything from meetings with uncontacted tribes to political assassinations - and what it tells us about the enduring power of human contact. Because the story of the handshake ... is far from over.

a mental health crisis is gripping science: *Gorilla and the Bird* Zack McDermott, 2017-09-26 Glorious...one of the best memoirs I've read in years...a tragicomic gem about family, class, race, justice, and the spectacular weirdness of Wichita. [McDermott] can move from barely controlled hilarity to the brink of rage to aching tenderness in a single breath. -- Marya Hornbacher, New York Times Book Review Zack McDermott, a 26-year-old Brooklyn public defender, woke up one morning convinced he was being filmed, Truman Show-style, as part of an audition for a TV pilot. Every passerby was an actor; every car would magically stop for him; everything he saw was a cue from *The Producer* to help inspire the performance of a lifetime. After a manic spree around Manhattan,

Zack, who is bipolar, was arrested on a subway platform and admitted to Bellevue Hospital. So begins the story of Zack's freefall into psychosis and his desperate, poignant, often hilarious struggle to claw his way back to sanity. It's a journey that will take him from New York City back to his Kansas roots and to the one person who might be able to save him, his tough, big-hearted Midwestern mother, nicknamed the Bird, whose fierce and steadfast love is the light in Zack's dark world. Before his odyssey is over, Zack will be tackled by guards in mental wards, run naked through cornfields, receive secret messages from the TV, befriend a former Navy Seal and his talking stuffed monkey, and see the Virgin Mary in the whorls of his own back hair. But with the Bird's help, he just might have a shot at pulling through, starting over, and maybe even meeting a partner who can love him back, bipolar and all. Introducing an electrifying new voice, *Gorilla and the Bird* is a raw and unforgettable account of a young man's unraveling and the relationship that saves him.

a mental health crisis is gripping science: *When Crisis Strikes* Jennifer Love, Kjell Tore Hovik, 2020-12-29 Stress is an unfortunate fact of modern life, and when those stressors are catastrophic - divorce, illness, caregiving, loss - a brain under stress becomes a brain in crisis. In this invaluable guide, award-winning psychiatrist Dr. Jennifer Love and neuropsychologist Dr. Kjell Hovik explore how to heal the damage that prolonged stress can do to your brain and your health. In *When Crisis Strikes* you'll learn how to prevent these side effects from hijacking your daily life.

a mental health crisis is gripping science: *No Safe Place* Phil Brown, Edwin J. Mikkelsen, 1997 An excellent and readable account of the toxic waste crisis in Woburn, Massachusetts, and the courageous efforts by local citizens to protect their community. The Woburn story is an inspiring lesson for citizens across the country struggling to protect the environment from polluters and unresponsive government officials.—Senator Edward Kennedy

a mental health crisis is gripping science: *Fundamentals of Crisis Counseling* Geri Miller, 2011-09-23 An indispensable handbook for assisting clients in crisis and in their journey toward healing Integrating practical training with both research and theory, *Fundamentals of Crisis Counseling* offers students and professionals proven hands-on techniques to assist clients in recovery from crisis and towards an eventual return to their day-to-day lives. Written in the author's gentle yet purposeful voice, this reader-friendly guide is filled with lessons on current evidence-based counseling, how to operate as a client stress manager, and information on finding resources that facilitate client resilience. In addition, the author helps counselors improve counseling effectiveness by gaining a better understanding of their own strengths and weaknesses and emphasizes the importance of self-care. Stemming from the author's thirty-five years of experience as a crisis counselor, this book contains valuable information on: Crisis theory and intervention models Concepts, techniques, assessment, and treatment for disaster mental health work Legal and ethical concerns regarding working with individuals, groups, couples, and families Assessment and instrument selection Main concepts and techniques of brief therapy, motivational interviewing, stages of change, positive psychology, grief therapy, client resilience, and spirituality Multicultural crisis counseling techniques centered on age, gender, sexual orientation, and ethnicity Counselor self-care complete with case studies and examples Ideal for all mental health professionals looking for guidance on best practices in crisis counseling, this book is also suitable for training professionals and counseling students. The book includes access to an online instructor's test bank, PowerPoint slides, and syllabi in line with 2009 Council for Accreditation of Counseling and Related Educational Programs (CACREP) standards. *Fundamentals of Crisis Counseling* imparts useful knowledge on little utilized crisis counseling abilities, preparing counselors at every stage to effectively respond to the immediate and lasting affects of crisis.

a mental health crisis is gripping science: *Malady of the Mind* Jeffrey A. Lieberman, 2023-02-21 "The most important book about schizophrenia in decades, and perhaps ever...a total game-changer." —Sylvia Nasar, author of *A Beautiful Mind* A comprehensive, deeply researched, and highly readable portrait of schizophrenia—its history, its various manifestations, and how today's treatments have promising and often lifesaving potential. This "incredibly captivating" (Siddhartha Mukherjee, author of *The Emperor of All Maladies*) portrait of schizophrenia, the most

malignant and mysterious mental illness, by renowned psychiatrist Jeffrey Lieberman, interweaves cultural and scientific history with dramatic patient profiles and clinical experiences to impart a revolutionary message of hope. For the first time in history, we can effectively treat schizophrenia, limiting its disabling effects—and we're on the verge of being able to prevent the disease's onset entirely. Drawing on his four-decade career, Dr. Jeffrey Lieberman expertly illuminates the past, present, and future of this historically dreaded and devastating illness. Interweaving history, science, and policy with personal anecdotes and clinical cases, *Malady of the Mind* is a rich, illuminating experience written in accessible, fluid prose. From Dr. Lieberman's vantage point at the pinnacle of academic psychiatry, informed by extensive research experience and clinical care of thousands of patients, he explains how the complexity of the brain, the checkered history of psychiatric medicine, and centuries of stigma combined with misguided legislation and health care policies have impeded scientific advances and clinical progress. Despite this, there is reason for optimism: by offering evidence-based treatments that combine medication with psychosocial services and principles learned from the recovery movement, doctors can now effectively treat schizophrenia by diagnosing patients at a very early stage, achieving a mutually respectful therapeutic alliance, and preventing relapse, thus limiting the progression of the illness. Even more promising, decades of work on diagnosis, detection, and early intervention have pushed scientific progress to the cusp of prevention—meaning that in the near future, doctors may be able to prevent the onset of this disorder. A must-read for those interested in medical history, psychology, and those whose lives have been affected by schizophrenia, this “penetrating, important” (Andrew Solomon, author of *Noonday Demon*) work offers a comprehensive scientific portrait, crucial insights, sound advice for families and friends, and most importantly, hope for those sufferers now and future generations.

ADDITIONAL RESOURCES

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