

# MindFreedom International

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## Re: MindFreedom's Directory of Mental Health Alternatives

Dear Supporter of Choice in Mental Health Care,

I am writing this letter to introduce you to MindFreedom International and to tell you about ***MindFreedom's Directory of Mental Health Alternatives***. Please spread the word. If you are a provider I am hoping that you will list your service in this Directory.

MindFreedom International is a nonprofit coalition that unites thousands of individual members and dozens of groups to win human rights for people labeled with psychiatric disabilities. An important component of MindFreedom's mission is to promote access to humane, empowering alternatives to the traditional mental health system worldwide

Why do we promote alternative mental health? We believe that mental health care has become dominated by a single model that views people as genetically defective, uses powerful medications as the first (and many times the only) response, and generally promotes the idea that people are broken for life. We think people should have access to services that respect their dignity and resiliency. We also think people deserve to have a range of options available for their mental and emotional wellbeing.

MindFreedom International launched a free, online, searchable Directory of Mental Health Alternatives. To be listed, all providers must agree to uphold certain principles in the delivery of care. Accompanying this letter is a copy of these principles.

If you are a provider who agrees with these principles, there are three reasons to list your service. First, the listing is currently free of charge. Second, MindFreedom's website gets over 12,000 hits a month. Third and best of all, by listing with us you are actively building a network to create change and choice in the mental health system.

To apply to be listed in the directory, please send an inquiry to this e-mail address:

[creativerevolution@mindfreedom.org](mailto:creativerevolution@mindfreedom.org)

Best regards,  
Matthew Morrissey  
Board Member, MindFreedom International

P.S. Please help get out the word to the public and service providers about the directory. On the reverse side of this letter is a simple flyer. Please photocopy and post. Thanks!

*Search the online directory for free, today:*

**[www.MindFreedom.org/directory](http://www.MindFreedom.org/directory)**

MindFreedom International Directory of Mental Health Alternatives

# ***Something is broken with the mental health system.***



**Let's work to change it!**

***Are you a  
service provider or  
peer advocate who...***

- Is upset by the pharmaceutical industry's dominance of mental health care?
- Believes full recovery from a "mental disorder" is possible?



- Thinks forced psychiatric "treatment" is a human rights violation?

***Then check out...***

**MindFreedom International's  
Directory of Mental Health Alternatives**

For more information, go to [www.mindfreedom.org/directory](http://www.mindfreedom.org/directory)  
or email [creativerevolution@mindfreedom.org](mailto:creativerevolution@mindfreedom.org)

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