

At the heart of healthy communities.

Attend 

Mental Health Learning Network

Dear Colleagues

Welcome to issue 24 of the Mental Health Learning Network Newsletter

The MHLN newsletter aims to highlight information, news & key updates within Mental Health. Over the coming months we will be looking at ways in which we can develop and enhance the information and support we give you. If you have any ideas or would like to help please let me know.

I very much hope you find this newsletter useful. If you have any comments about the newsletter, good or bad, please let me know.

The next edition will be distributed on the 31st May 2012.

News

As sickness benefit cuts take effect, thousands face hard times

Fears those too ill to work will be unable to meet basic living costs as government limits contributory allowance to 365 days

[Click Here](#)

New findings show women run scared from outdoor exercise

9 out of 10 women aged over 30 years old battle body-confidence and low self-esteem when considering outdoor exercise

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In-depth look

What autism can teach us about psychoanalysis

A French documentary makes Lacanian psychoanalysis seem cruel – but does its subversion of social norms have a place?

[Click Here](#)

Quiet the Mind, how to meditate - in pictures

Matthew Johnstone's new book, an illustrated guide on how to meditate, is a follow-up to his bestselling Black Dog series on depression

[Click Here](#)

How social media is supporting people with depression

Ruby Wax co-founded Black Dog Tribe, a site that encourages people to share their experiences and talk about depression

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Comment

Black and minority ethnic mental health patients 'marginalised' under coalition

Psychiatrist Suman Fernando warns that the government has walked away from the vital issue of race in mental health treatment

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Features

How can it be right to profit from disability?

The Department for Work and Pensions has just [announced](#) the 10 private companies on the shortlist to deliver the personal independence payment (PIP) assessments, which everyone receiving [disability](#) living allowance will have to undergo from next year when DLA is replaced by PIPs

[Click Here](#)

Mental Health Stories

Undercover police had mental breakdowns because of pressures of double life

Why has Scotland Yard clammed up about its policies to look after the mental health of undercover officers - can you help us?

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Events

We respect your privacy therefore if you do not wish to receive these regular updates please send an email to info@attend.org.uk

Bobbi-Jade Nixon

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Building healthy communities

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