

Pride Day? For People who use Psych Services?

What's that about?

July has crept up on us again, and with it [Our 'Pride' Day](#)



And that is our day of celebration and remembrance, a day we reflect on our joint [struggle, our history and those who came before us](#).

[July 14th](#), Bastille Day, was a day the walls of a fortified political prison came down.

Did you know that among those liberated were people with mental illness labels?

That's one reason, for decades Bastille Day has been celebrated as our Pride Day, the beginning of the move out of institutional care into lives of our own.

What's to feel proud about? People Don't say they are proud of illnesses!

I was once asked tearfully by a young person whose daily life and immediate future was going in a way very different from what they had expected and different than other young people, 'What am I going to do?'

They'd heard all about recovery, treatment, peer support, their rights but nothing seemed to help, it seemed like their life just wasn't **theirs** anymore.

All I had left was to explain an American term for people like us. They call us 'Survivors.' Because that's what people like us do; survive.

And this young person, whose life felt completely out of their control, took a breath, composed themselves, gave a firm nod and said 'Yes.'

*That's **one** of the things that makes me **proud**, to be in the same mob as brave, strong, wild people like that, to count them as my 'brothers and sisters, even those I've never met before' as a veteran Consumer Consultant put it to me once.*

What makes you Proud?

Happy Pride Day comrades*

Bill

WHY JULY 14?

Mad Pride Day is usually observed in the month of July, usually on or around July 14, which is Bastille Day. 2021 marks the 30th anniversary of psychiatric survivors using Bastille Day to celebrate Mad Pride.

The tradition of using Bastille Day as Mad Pride Day was started in New York by the Mental Patients Liberation Alliance and has since spread around the world. For over two centuries, the storming of the Bastille has been a universal symbol of liberation. In addition, when the Bastille was stormed, detained prisoners with psychiatric labels were freed.



◆ IDHA

**Anyone fighting the same fight, on the same side, in the same foxhole as me is my comrade, so Stay Strong all.*