

# *‘All of the Above’*

This proposed set of motivational posters is one attempt to address that finding, to give hope that there is life after – and alongside – a formal diagnosis of ‘mental illness’.

The posters on the llew.life website were written for use in a mental health service and have reference to the lived experience workforce , These edits are more suitable for use elsewhere

For use outside mental health services

Alternative explanatory text

Y

## Who am I?

1. Someone who has been hospitalised for delusional thinking?
2. A person with dyslexia?
3. A consultant doctor in Public Health Medicine?
4. Creator of a self help movement for people with unusual beliefs?
5. All of the above?



**Answer: All of the Above**

We are, each of us, our **challenges** and so much **more**.

Each of our **paths** is unique, but **many** have travelled the road to recovery, to a good life, before you. Many travel alongside you.

**None** of us are **just** our challenges.

“There are different types of knowledge regarding mental health – knowledge from professional training and knowledge from personal experience of mental health issues.”

*Dr Tamasin Knight, BSc, MBChB, MPH, FRSA*

## Who am I?

1. Someone who experienced Major Depression, OCD and Self Harm?
2. The sole author of the first modern dictionary of English?
3. Someone who was told he was 'unemployable'?
4. One of his country's most famous celebrities who mixed with royalty and nobility?
5. All of the above?



**Answer: All of the Above**

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*"Great works are performed not by strength, but by perseverance."*

*Dr Samuel Johnson (1709-1784)*

# Who am I?

1. Someone who was involuntarily hospitalised numerous times?
2. A clinician managing a psychology team that operates across three UK acute psychiatric wards?
3. Someone diagnosed with schizophrenia?
4. A clinical psychologist?
5. All of the above?



**Answer: All of the Above**

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*" Psychiatrists and other professionals do have an expertise. But treatment will fail if they do not engage with clients who have an expertise about their own life."*

*Dr Rufus May, Consultant Clinical Psychologist*

## Who am I?

1. A person told she'd never be able to live outside a 'mental institution'?
2. A recipient of the Distinguished Service Award from the President of the United States?
3. Someone diagnosed with schizophrenia?
4. Author of '*On Our Own: Patient Controlled Alternatives to the Mental Health System*'?
5. All of the above?



**Answer: All of the Above**

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*"Over the years, so many people have told me, "[your] book helped me, it came along and let me know I wasn't alone. I was able to get through what I was going through, and to hook up with other people and get involved." You couldn't ask for more than that as a writer."*

*Judi Chamberlin*

# Who am I?

1. [Insert One True Thing – **Common ‘Consumer’ Experience 1**]
2. [Insert One True Thing – **Achievement 1**]
3. [Insert One True Thing – **Common ‘Consumer Experience 2**]
4. [Insert One True Thing- **Achievement 2**]
5. All of the above?



**Answer: All of the Above**

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Each of our **paths** is unique, but **many** have travelled the road to recovery, to a good life, before you. Many travel alongside you.

Your service employs people like you, ‘Lived and Living Experience’ Workers who are also on that road to their good life.

Talk to one of us sometime, hear about our journeys, and let’s walk together for a while.

**None** of us are **just** our challenges.

*"Inspirational quotation"*

*Any of Us*