

Dear Friend of MindFreedom,

**May 2011 *MindFreedom shields Elizabeth Ellis from forced electroshock***

At the close of a successful MindFreedom campaign on her behalf, Elizabeth Ellis of Minnesota finally returns to her home after imprisonment in a psychiatric institution and numerous involuntary electroshock “treatments.” Elizabeth wrote to us in a card she sent to the MindFreedom office, “If it hadn’t been for MindFreedom I would still be getting forced shock. I know the hospital recognized they had a power to reckon with in MindFreedom. Thank you, thank you, thank you so much for the support!”

**November 2012 *Glen K. walks free of institutionalization and forced electroshock***

We intervened on behalf of Glen K. (of New York) who was given electroshock against his will. It took just 48 hours of rallying MFI members to make the difference. 4 months later, Glen walked out of New York’s Rockland Psychiatric Institution a free man. His attorney said, “His ability to successfully live outside of the 4 walls of his inpatient unit was regained by the cessation of this most drastic remedy of ECT [electro-convulsive therapy].”

These are just two of the countless stories of people who have come to MindFreedom for help over our extraordinary, unshakable 25-year history of challenging human rights abuses in the mental health system.

**MindFreedom: Advocates for human dignity**

Why do we care? What keeps us going in our fight for those who suffer in the mental health system? We know these are stories of human beings like you and me. They’re not the so-called “broken outcasts” of society. They’re our brothers and sisters. They’re our sons and daughters. Civilization is a doomed experiment at best until we realize that all of us are family. We all deserve help when we are in crisis.

But help isn’t labels. Help isn’t the cold, hard floor of institutions that might as well be prisons. Help isn’t exposing our delicate brains to powerful chemicals or painful currents of electricity without adequate informed consent. Help is compassionate care. Help is someone to listen and be there for us. Help is the right to decide for ourselves what is normal, and then, with our supporters and advocates at our side, assert that right and get the respect we ALL deserve!

That’s the part *MindFreedom International* can play—and has played for 25 years! We are advocates for the inviolable right to human dignity and self-determination in mental health care. We are advocates for the forgotten and falsely labeled among us.

MindFreedom’s Shield program is just one of many programs we use to challenge abuse and human rights violations and battle hopelessness.

**Help us continue David’s work**

As most of you know, MindFreedom founder and former Executive Director, David Oaks, was severely injured last December in an accident in his home. The loss of his leadership and guidance is deeply felt by us and many MindFreedom members like you. But this much is clear: we can’t let this tragedy deter us from continuing the fight he began more than 25 years ago.

Thanks to David’s visionary leadership, MindFreedom was able to secure initial funding for two of his ideas: Creative Maladjustment Week (scheduled for July 2013) and the I GOT BETTER campaign. Both have their own web sites, spreading David’s inspirational ideas far and wide; and the I GOT BETTER campaign has already collected nearly 200 video testimonials sharing remarkable stories of hope! (Visit <http://igotbetter.org> and <http://cmweek.org> to learn more).

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**We need your help if these programs are to survive and thrive**

Please use the enclosed return envelope and give as generously as you can...we can't continue to do this work without you!

You can also donate online: <http://www.mindfreedom.org/join-donate>.

Will you support these campaigns so we can better realize David's vision for healing and recovery (I GOT BETTER) and a joyous celebration of our common humanity and the struggle for greater justice in the world (Creative Maladjustment Week)?

Your gift supports MindFreedom, *the only independent voice for choice in mental health care*. As always, we receive NO funding from either government sources or pharmaceutical companies. Never have.

Your gift supports the important public education and human rights work of MindFreedom. We spread the message far and wide that "recovery is possible" and "mental wellness is an achievable goal," changing attitudes about mental and emotional distress.

Your gift supports Glen K., Elizabeth Ellis, and many others who need an advocate as they assert their right to self-determination.

Your gift supports freedom, choice, and true informed consent in mental health care.

Sincerely,

**Al Galves, Board Member**  
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