

*Where is my sparkling daughter  
with flowers in her hair  
and birds on her shoulders  
her spell-binding laughter  
echoing in the dawn.  
They that she was vulnerable  
and promised to treat her well!  
Instead they ruined her sparkle  
At last they took her life*

"For all the people who have and still fight in psychiatric treatment".  
Dorrit Cato Christensen 2010

The Association  
**Død i Psykiatrien**

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# Foreningen Død i Psykiatrien

(Dead in psychiatric Care)



To all who have fought and still fight an unequal battle in psychiatry

A group of family and friends of young people who have died while in psychiatric treatment have founded the association ***Død i psykiatrien***. These families are left alone with their grief, loss and hopelessness. The association aims to create a forum for them to share their experiences and demand changes to the treatment modalities that led to the death of their loved ones. The association will in that way also improve the conditions for the people in treatment today

### **The Association's aims are to:**

- Draw attention to the high mortality rates among mentally ill patients being treated with psychiatric medications
- Reveal the dangerous side-effects of these medications and spread awareness of mental health therapies that focus on recovery
- Change the law so that psychiatrists and doctors will have to comply with the existing guidelines for prescription of psychoactive pharmaceuticals so that treatment is made safer and side effects are better monitored
- Work to establish legislation that ensures that mental health practitioners are held fully responsible and accountable for any negligence
- Combat the stigma that haunts mental health patients and their families by establishing clear rules about open dialog, as well as full access to hospital chart notes and documentation
- Help family members who have initiated or are considering a malpractice lawsuit

### ***Facts about mental health care:***

Bipolar affective disorder and schizophrenia are not deadly diseases. Nevertheless the mortality rate in that group is high. For instance will a woman aged 25-39 with one of the two diagnoses have ten times the risk of dying as a woman in the same age group and without a mental health problem<sup>1</sup>

From 2001 til 2011 has the consumption of antipsychotics increased by 34 pct. In a comparison the proportion of users has only increased by 8 pct<sup>1</sup>

The side effects of antipsychotics are severe and many of the side effects are enduring. The psychiatrists **MUST** inform about the side effects and act on the patients complaints about them.

The psychiatrist must assist with withdrawal from psychotropics

The psychiatrists must report the side effects. In 2014 only 78 side effect were reported from the hospital psychiatry. <sup>1</sup>

32 pct of patients who are diagnosed with schizophrenia are in treatment with more than one antipsychotic<sup>1</sup>

The belief that only medication works is wrong. The drugs are ineffective in 15 pct of patients with above mentioned diagnoses, in return they suffer from serious and often irreversible side effects. <sup>1</sup>

The of lack of theoretical clarification of diagnoses and treatment should make it possible for a psychiatric patient always to have "a second opinion" on the diagnoses and the treatment from another expert on the subject

DiP works for factors that promote recovery: hope, social relations, absence of stigma, minimal medication, a meaningful life, work .....

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1 Facts piece: The Regions of Denmark

2 Cabinet Committee on psychiatry. Report 2013

3 Danish National Board of Health: Report side effects

4 Danish National Board of Health:MTV/antipsychotic polypharmacy 2011

5 Danish National Board of Health:MTV/antipsychotic polypharmacy 2011

Learn more about the association ***Død i psykiatrien*** at [www.doedipsykiatrien.dk](http://www.doedipsykiatrien.dk)