

JUST US

NEW NEWSPAPER !!

For and by people in mental health institutions

We would like you to add something to the latest edition of JUST US. It is an entertaining and informative newspaper written especially for and by people with similar experiences to you. It provides information on significant topics that affect you and informs you about your rights. We invite you to write a letter, article or comment about your ideas about what you want in the next edition.

To let you know who makes JUST US, Justice Action has worked for consumers, prisoners and their communities for decades. For instance, after JUST US was blocked we appealed to the Supreme Court to get the newspaper into consumers in hospitals. In response, new policies now allow newspapers into mental health units.

A copy will go to every Member of Parliament in every state as well as every judge. Tell us about your current experiences and concerns in mental health units. This will increase public awareness about your life and how you are being treated. Add a drawing if you want. We will publish what we can in our next edition of JUST US. We'll give prizes for a letter about the best or worst experience with a service provider, such as a lawyer, health worker, institution etc. You can read the winning stories in the

next edition of JUST US. What you write will be treated confidentially. We will not use your name unless you say so. When we publish we might also edit submissions for length reasons or if there is defamatory matter.

We will also use your feedback to identify major issues so we can effectively advocate on your behalf. We are lobbying for support from within government to address these concerns and bring about some real change. We'd love your help and opinions in this process. Right now we believe the main areas to be addressed are the right to smoke, the lack of coordinated community support and housing in reintegration, and the reliance on forced medication and lock-ups of consumers. Do you agree with those priorities? If not, what would your top three issues be?

Thank you for taking the time to read this. If you have anything to add please send it as soon as you can. We look forward to reading what you have to say. Please pass this on to your family, friends and anyone else around you; we would love to hear from them too.

Send your letters **now** to
PO Box 386, Broadway NSW 2007,
or alternatively send an email to
justus@justiceaction.org.au