

MENTAL "HEALTH"		BRAIN HEALTH (So-called Mental Illness, a Misleading Metaphor)
<b>Non-Biological vs Biological (Medical)</b>	Non-Biological, Non-Medical, The term "health" is a metaphor as with the financial "health" of a business.	Neurodevelopmental, Biogenic, Medical, Onset is typically during the major developmental stage of late adolescence or early adulthood when the brain undergoes dramatic physical changes. (Poorly understood by general public)
<b>Cause</b>	Psychosocial - meaning, caused by circumstances in a person's life, stresses and strains of life, emotional and psychological issues not caused by a biological condition.	Biological and/or Hereditary (genetic)
<b>Affects Who</b>	Every Single One of Us	Afflicts a very small percentage of the population
<b>Examples Of</b>	Struggling with the loss of a loved one.	"Schizophrenia" (Jacobi Flemming Nasse Syndromes - coined by NASNicares) - NOT A "MENTAL HEALTH CONDITION"
	Self-Esteem Issues	Bipolar (neurological syndrome) - NOT A "MENTAL HEALTH CONDITION"

Emotional and psychological difficulties or scars from financial struggles or poverty	Neurogenic "Depression" (biological/organic neurological cause) - NOT A "MENTAL HEALTH CONDITION"
Psychological and emotional difficulties due to abuse or witnessing the abuse of others. Being a target of bullying	Other Conditions involving "psychosis", ( a problematic term that really describes a neurological status where the state of consciousness is affected and thus mentation and behavior) - NOT "MENTAL HEALTH CONDITIONS"
Traumatic effects of being in a violent, threatening, environment, or catastrophic event such as a natural disaster, or living in a war zone.	
Negative, intrusive thoughts caused by a toxic work or other environment	
Psychological and emotional difficulties due to a divorce or difficult relationship	

## Non-Medical vs Medical Services

Counseling	Medication
Life Coach	Hospitalization
Talk "Therapy" provided by a "Therapist" or "Clinical" Psychologist (not doctors of medicine)	Physician Visits ("Psychiatrists" are medical doctors. Hollywood & Pop culture depicts them as no different from psychologists...unfortunately, many of them feed into this misconception as a legacy of the long, disordered history of the profession)
Self-Help, such as yoga, mindfulness exercises, recreational activities, coping techniques such as resilience training	Ambulance Services
Peer support Groups	Social Services Supports

		Supported Housing with 24/7/365 Onsite Staff (State Hospitals were Housing)
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## Consequences of the Mental Hygiene Movement of 1908

	MENTAL "HEALTH"	BRAIN HEALTH (So-called Mental Illness, a Misleading Metaphor)
Cause	Non-Biological, Non-Medical, The term "health" is a metaphor as with the "health" of a business entity. Now mashed up with physical conditions, sometimes under a hybrid concept known as "biopsychosocial", or genetic neurodevelopmental syndromes are falsely believed to be caused by "childhood adversity, trauma, or abuse.	
Affects Who	Now that non-medical issues and medical conditions are mashed up under one term, activists can now say that 1 in 5 or even 25% of us will have a "mental illness" at some point in our lives (which is false, 25% of us will not need to be hospitalized or experience neurological symptoms such as hallucinations or delusions, or need to take powerful pharmaceuticals to treat neurological detachment from reality)	

Examples Of	Sorrow for the death of a loved one	
Self-Esteem Issues		
Despondent because of financial struggles		
Psychological and emotional difficulties due to abuse		
Negative, intrusive thoughts caused by a toxic work environment		

Psychological and emotional difficulties due to a divorce or difficult relationship	
"Schizophrenia"	A physical disorder now being referred to by two co-conspiring metaphors, and increasingly called a "mental health" condition due to pressure campaigns spanning decades up to the present. 
Bipolar Disorder	A physical disorder now being referred to by two co-conspiring metaphors, and increasingly called a "mental health" condition due to pressure campaigns spanning decades up to the present. 
"Depression" (no distinction between psychosocial and biogenic)	A physical disorder now being referred to by two co-conspiring metaphors, and increasingly called a "mental health" condition due to pressure campaigns spanning decades up to the present. 
Other Conditions involving "psychosis", ( a problematic term that really describes a neurological status where the state of consciousness is affected and thus mentation and behavior)	A physical disorder now being referred to by two co-conspiring metaphors, and increasingly called a "mental health" condition due to pressure campaigns spanning decades up to the present. 

## Non-Medical vs Medical Services

Counseling	
Life Coach	
Talk "Therapy" provided by a "Therapist" or "Clinical" Psychologist (not doctors of medicine)	
Self-Help (such as yoga, mindfulness, peer support groups, recreational activities, coping techniques such as resilience training)	
Medication	 Now mashed up with Metaphorical Health - requiring Parity Legislation because biological (neurologic brain disorders) are not covered under the proper benefits

Physician Visits or Med checks	Now mashed up with Metaphorical Health - requiring Parity Legislation because biological (neurologic brain disorders) are not covered under the proper benefits
Hospitalization	Now mashed up with Metaphorical Health - requiring Parity Legislation because biological (neurologic brain disorders) are not covered under the proper benefits
Ambulance Services	Now mashed up with Metaphorical Health - requiring Parity Legislation because biological (neurologic brain disorders) are not covered under the proper benefits
Social Services Supports	Now mashed up with Metaphorical Health - requiring Parity Legislation because biological (neurologic brain disorders) are not covered under the proper benefits
Supported Housing with 24/7/365 Onsite Staff	Prisons replaced State Provisioned, Permanent or Long-Term Housing. Issue of Housing now politicized by activism through the courts, demanding that people with severe behavioral symptoms live in "The Community", where many of the most severely ill have been shot by police officers.





