problem. In parallel, it will involve an acknowledgement that the mental health system has been part of the problem: an acknowledgement which is necessary before the system can truly become part of the solution.

The implications for both consumers and professionals of embarking on a recovery journey are profound. It most obviously has the potential to empower and transform consumers. However, the change does not stop there. A recovery approach also has the potential to liberate professionals from unmeetable expectations: diagnose this person; treat this illness; cure this patient; manage risk effectively; keep the public safe; exclude deviance from society. We close with the words of Brazilian political activist Paulo Freire[629]:

> This, then, is the great humanistic and historical task of the oppressed: to liberate themselves and their oppressors as well . . . Only power that stems from weakness of the oppressed will be sufficiently strong to free both.
>
> (p. 26)

The recovery agenda will be complete when there are simply groups and communities and networks in which there is no caseload because there is no service user – there are only people.

Appendix: Electronic resources to support recovery

Organisation	Web address
General recovery resources	
Mental Health Commission	www.mhc.govt.nz
Boston University Center for Psychiatric Research	www.bu.edu/cpr
Ohio Department of Mental Health	www.mhrecovery.com
National Empowerment Center	www.power2u.org
Queensland Alliance	www.qldalliance.org.au/resources/recovery.chtml
Scottish Recovery Network	www.scottishrecovery.net
Recovery Devon	www.recoverydevon.co.uk/
Yale Program for Recovery and Community Health	www.yale.edu/prch
Specific recovery-focussed approaches	
Intentional care	www.intentionalcare.org
Tidal Model	www.clan-unity.co.uk
Intentional Peer Support	www.mentalhealthpeers.com
Wellness Recovery Action Planning (WRAP)	www.mentalhealthrecovery.com
The Village	www.village-isa.org
Hearing Voices Network	www.hearing-voices.org
Promoting resilience	www.resilnet.uiuc.edu
Stigma initiatives/consumer narratives	
Mental Health Media	www.mhmedia.com
Time to change	www.time-to-change.org.uk
Like Minds, Like Mine	www.likeminds.org.nz
See me	www.seemescotland.org
Narratives Research Project	www.scottishrecovery.net
Mental health stigma	www.mentalhealthstigma.com
National Mental Health Awareness Campaign	www.nostigma.org
StigmaBusters	www.nami.org
Positive Psychology resources	
Australian coalition	www.positivepsychologyaustralia.org
Centre for Applied Positive Psychology	www.cappeu.org
Positive Psychology Center	www.ppc.sas.upenn.edu
Centre for Confidence and Well-being	www.centreforconfidence.co.uk
Values in Action Inventory of strengths	www.viastrengths.org

Organisation	Web address
Critical/oppositional sites[a]	
Successful schizophrenia	www.successfulschizophrenia.org
Critical Psychiatry	www.critpsynet.freeuk.com
Stop shrinks	www.stopshrinks.org
Psychiatric drug facts	www.breggin.com
Coming Off Psychiatric Medication	www.comingoff.com
Psychiatry Anti-Psychiatry	antipsychiatry.wetpaint.com
The Icarus project	www.theicarusproject.net
Freedom Center	www.freedom-center.org
Shoshanna's Psychiatric Survivor's Guide	www.harborside.com/~equinox
Mad not bad	www.madnotbad.co.uk

Notes:
[a]A goal of this book is to be a constructive messenger, and so some of the more oppositional literature referred to has been sanitised in its presentation. This section lists web sites which are more overtly challenging to the status quo. One view would be that polemic and 'one-sided' perspectives such as these have no place in an academic book. However, I suspect that my experience as a clinician of feeling misunderstood and misrepresented when reading these articles, and consequently feeling hurt and angry, mirrors the feelings some consumers get when in contact with mental health services.

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