How to NOT manage mental illness- a poem

Javed Latoo

Ignore it, call it a frailty of our resilience, confuse it with a fleeting worry or sadness, blame witchcraft, black-magic or a Jinn.

Mystify it. Call it an illness of soul, use Cartesian Dualism to explain it, separate it from the brain.

Let every Tom, Dick, and Harry, philosophise, float an expert opinion, about its causes and treatment.

Invent an imaginary gulf, a stigmatising barrier, between our mental and physical health.

Leave it, for healing, at the mercy of celestial bodies, quacks, Dr Google, and street drugs.

Use a priestly vocabulary, "mind, body and soul", to promote the ghost in the machine mindset.

Competing Interests
None declared

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