

## Beyond Stigma: “Othering” and “Sanism” in Mental Health

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# That's So...

irrational  
implausible  
senseless  
inane  
misleading  
unpredictable  
eccentric  
absurd  
ridiculous  
aggressive  
impractical  
foolish  
illogical  
disturbed  
preposterous  
erratic  
upside  
strange

...and  
you choose  
**insane?**

Buy a dictionary.

## Organizations

- The Icarus Project. <https://theicarusproject.net/>
- Mad in America: [www.madinamerica.com](http://www.madinamerica.com)
- Mindfreedom International [www.mindfreedom.org](http://www.mindfreedom.org)

## Webinar series:

- Mad in America <https://education.madinamerica.com/>

## Videos:

- TED talk: Sanism: Dr. Jennifer Poole at TEDxRyersonU  
<https://www.youtube.com/watch?v=hZvEUbtTBeS>
- Presenting the consumer/survivor/ex-patient movement (Ryerson University)  
<https://www.youtube.com/watch?v=9uTbEBPkAAk>

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