Another kind of madness, a journey through the stigma and hope of mental illness - Stephen Hinshaw

The Best Movies About Mental Health

It's becoming increasingly more common for Hollywood to highlight mental health conditions because mental illness affects millions of Americans. It's an extremely relatable theme.

Demi Lovato Bipolar Stronger Than Ever

I'm so glad a huge star like Demi Lovato has been a spokesperson for people with mental health. I'm 46 and I'm bipolar, but I love the fact that Demi is out there supporting this with mental problems like myself.

Pete Davidson on Ariana Grande Dating Critics

Just because someone has a mental illness does not mean they can't be happy and in a relationship. He wrote it also doesn't mean that person makes the relationship toxic.

Coping With Chronic Rare and Invisible Diseases

Because I write about illness and medical research and the professionals who try to help those with medical problems, I find myself wanting to recommend links that don't really fit into the other categories on this site or even into the concept of the site. A Story of Addiction and Recovery Part One

Reply Gemma August 21, 2013 at 4:34 am: Wow that was not at all what I expected to read when I clicked on your site this morning. It was absolutely beautiful brought me to tears and the vast majority could have been written by me just a few years ago.