

You are welcome to join the Eugene Radical Mental Health Collective in forming significant support and community. We build mutual aid mental health with others who are striving for a better world.

Eugene Radical Mental Health Collective brings together people who have experienced distress, big feelings and moods, extreme states, hearing voices, seeing visions, and anyone who enjoys support in a mutual aid atmosphere for the benefit of all. We enact the truth that “community makes the best medicine,” co-creating a world where love is more important than money.

We meet twice a month to share honesty, unconditional respect, and kindness. We practice non-hierarchy, knowing that people on equal footing can give meaningful care to one another. We form a bright, creative group of varied people who have more tools for community well-being than the medical model.

During a meeting most of the time is spent in substantial check-ins. □□□□□□We start with introductions, and everyone gets their voice in the room, sharing who they are. Then we set some intentions. Next, we each share what our favorite part of radical mental health is. After that, we do our mutual aid moment. Each person can offer what they have a surplus of, or what they might need. Examples of that could be masks or homemade jams, soaps and stuff like that. People may ask for support in looking for a job, or for important reminder texts during the week. After this, each person has their substantial check in to share what is going on with them. From here we decide if there is a topic to discuss that might have come up. We end on a check out question.

We gather in a rich tradition of radical mental health, mad pride, and disability justice. We tell the truth within a strong, flexible hour-and-a-half meeting container we co-

create.

It's helpful to be witnessed. Some practice vulnerability; some mostly listen. We all bring a piece. We make it together. We ask for what we need and provide for others' mutual aid requests. For an hour and a half, the chill curiosity of respectful listening fills the space.

It's a practice that can change or not change us, but I prefer to carry that way of being into everything I do. No gods, no masters, no psychiatrists. My crazy is my favorite thing about me, a complex gift to nurture like any.

Radical mental health gives a framework and a dignity to the hard work of being a big feeling, altered state visiting, other world sometimes journey-er. It works better to be honest about it together with other anarchists, finding our way.

Radical acceptance and truly supportive. A place for all! Our next meeting is October 27 at 10:30am, at Growers' Market. Please join us ☐