

## Focus Group 2

Another set of personal stories, similar in many ways to the first focus group, except these are told from the parent's perspective.

Unlike the first group, several of these biographies included a learning disability in addition to mental illness.

Most of the stories in both groups included self-awareness or insight by the mentally ill individual. Possible exceptions are TH in the early stages, and HB's son. From what I've read, lack of insight is much more prevalent in the whole mentally ill population. Individuals who lack insight pose difficult ethical and policy issues.

This focus group also echoed the frustrations of the first group regarding personal ignorance, unhelpful mental health workers and misguided mental health services. No one expressed my own opinion that psychiatrists are not very helpful because they have very little science to guide them.