

Psychiatric Abolition Education!

Hi comrades - we've had a lot of people asking for resources to learn more about psychiatric abolition and naturally, we wanted to put our recommendations all in one place, with links to pdfs so the knowledge is there for all! Obvious disclaimer that we do not agree with everything in these texts (some can be reformist or take a different direction to our beliefs) but they do all contain important and interesting information that you will hopefully benefit from and be able to use as a starting point to expand further on with your friends, comrades or your own studies! Please feel free to email us any suggestions you have at: cpabliton@riseup.net and we'll add them too!

We know this is a long/possibly overwhelming list, so we've picked a 'set menu' of our faves and the most hard hitting to get you started, which we've added at the end. Good luck and enjoy! We'll be adding more stuff as we continue our psych abolition learning journeys too, and we also make some of our own resources on our socials if you want to learn more from us :)

Campaign for Psychiatric Abolition (@cpabolition) xx

Zines

[Organising Guide for Psychiatric Survivors](#)

Psych Survivor and Lived Experience Voices

[Hearing Voices: Resistance Among Psychiatric Survivors and Consumers](#)

[On Our Own: Patient-Controlled Alternatives to the mental-health system by Judi Chamberlin](#)

[Call me Crazy: Stories From the Mad Movement by Irit Shimrat](#)

[Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out](#)

[Authoring Autism by Melanie Yergeau](#)

[And the Psych Ward Says by Anita D](#)

Articles

['Abolition must include psychiatry' by Stella Akua Mensah](#)

[National Survivor User Network's 'Abolition and Mental Health' Series](#) - 4 Articles

[The Abolition of Carceral Forms](#)

[The Ex-Patients' Movement: Where We've Been and Where We're Going by Judi Chamberlin](#)

Podcasts and Songs

['Very Loose Women' Anti-psychiatry introductory episode](#)

['Toward an Anarchist Critique of Psychiatry'](#)

[Mad in America Podcast](#)

[Insight Illness: podcast on the history of York Retreat](#)

[Anti-psych playlist](#): radical music and mad artists

Books

Psychiatric Abolition

[Decarcerating Disability by Liat Ben-Moshe](#)

[The Protest Psychosis: How Schizophrenia became a Black disease by Jonathan Metzl](#)

[Cracked: Why Psychiatry Is Doing More Harm Than Good by James Davies](#) (he's still a psych we don't like him but good evidence against big pharma xx)

Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out

[Socialist Patients Collective: Turn Illness into a Weapon](#)

[Psychiatric Hegemony by Bruce Cohen](#)

Warp & Weft: Psycho-emotional health, politics and experiences (no pdf, [link to buy here](#))

[Class Struggle and Mental Health](#)

Anti-Psych History

[The man who closed the asylums: Franco Basaglia and the revolution in mental health care by John Foot](#)

[Wretched of the Earth by Frantz Fanon](#)

[Asylums by Erving Goffman](#)

[Imperial Bedlam: institutions of madness in colonial southwest Nigeria](#)

Disability Liberation Books

[Care Work: Dreaming Disability Justice by Leah Lakshmi Piepzna-Samarasinha](#)

[Crip Theory: Cultural Signs of Queerness and Disability by Robert McRuer and Michael Berube](#)

[Disability Incarcerated by Liat Ben-Moshe](#)

Great Abolitionist Texts! (Police/prison abolition)

[Are Prisons Obsolete? By Angela Davis](#)

[Brick by Brick: How we build a world without prisons by Cradle Community](#) - no pdf is available but support our comrades and buy their book from Hajar Press! If you can't afford it, get it touch and we'll see what we can do! :)

[Prison by Any Other Name by Maya Schenwar and Victoria Law](#)

[As Black As Resistance by Zoé Samudzi and William C. Anderson](#)

[Revolutionary Suicide by Huey P. Newton](#)

[Freedom is a Constant Struggle by Angela Davis](#)

[Our Enemies in Blue by Kristian Williams](#)

[Writings from Prison by Bobby Sands](#)

[Captive Genders: Trans Embodiment and the Prison Industrial Complex](#)

[George Jackson: Blood In My Eye](#)

[Soledad Brother: The Prison Letters of George Jackson](#)

[Carceral Capitalism by Jackie Wang](#)

[Writing on the Wall: Selected Prison Writings of Mumia Abu-Jamal](#)

Films

[Takin' Over The Asylum \(1994\) - tv series recommended by a comrade](#)

A beautiful mind (2001)

At Eternity's Gate (2018)

Unsane (2018)

SPK Komplex (2018)

Joker (2019)

[RIP SENI \(2020\)](#)

The Electrical Life of Louis Wain (2021)

SET MENU

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[‘Abolition must include psychiatry’ by Stella Akua Mensah](#)

Book on psychiatry:

[Cracked: Why Psychiatry Is Doing More Harm Than Good by James Davies](#)

Psych abolition zine:

[Hearing Voices: Resistance Among Psychiatric Survivors and Consumers](#)

Book on abolition:

[Brick by Brick: How we build a world without prisons by Cradle Community](#)

Essential Reads:

[Wretched of the Earth by Frantz Fanon](#)

[Freedom is a Constant Struggle by Angela Davis](#)

Spoken Word:

[And the Psych Ward Says by Anita D](#)