

Mind in Croydon



unspoken

a film about sex, relationships and mental health

The sexuality of people with mental health problems raises important clinical, social and legal concerns. Despite this, there is relatively little written about the subject and staff can feel confused and embarrassed when discussing these issues.

Mental health problems may interfere with peoples' sexual function. For example, depression is typically associated with decreased sexual interest, libido and sexual performance, whereas mania is associated with disinhibition, sexual inappropriateness and heightened sexuality. Practitioners are aware that psychiatric medication can interfere with sexual function, yet service users sometimes feel that these matters are ignored or discounted.

Sometimes, lesbian, gay, bisexual and transgender service users feel poorly treated by services. This is perhaps not surprising, given that for many years psychiatry considered homosexuality to be a mental disorder.

Unspoken explores these issues, with service users explaining their experiences. A range of other experts discuss how professionals might respond differently, and models of good practice are presented.

At a time when there is such an emphasis on promoting equality, working towards recovery and overcoming stigma, the film argues the importance of discussing matters openly, challenging poor practice and recognising and celebrating progress.

The film is available in DVD format only.

Copies of the DVD, which runs for 27 minutes are available for **£35** each from Mind in Croydon.

Please send mecopies of **Unspoken**. I enclose a cheque for £..... made payable to "**Mind in Croydon**".

Name

Address

Phone

"This is an important film for all mental health staff to see, discuss and act upon to promote full social inclusion."

*Professor Graham Thornicroft
Institute of Psychiatry*

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**For better
mental health**