

Aaina (Mirror), the newsletter for Bapu Trust in India

Readers of Aaina have regularly read news about or from the Safe Harbor project, LA (<http://www.alternativementalhealth.com/>). Bapu Trust is happy to announce a partnership with Safe Harbor, to be a local, Pune-India chapter. The goal of Safe Harbor is to create a world where severe mental symptoms are healed rapidly, safely, and sanely. Safe Harbor has the following purposes:

1. To establish all the technology necessary to locate the physical causes of severe mental symptoms.
2. To gather safe and workable methods of soothing severe mental symptom, such as herbs, nutrients, and acupuncture, replacing drug treatment as much as possible until the source of the symptoms can be found and eliminated.
3. To fully disseminate this technology and these methods.
4. To establish full resources for the public, so that they can get safe and effective help for severe mental symptoms.

The Safe Harbor website is a fund of information and resources on the use of non-drug approaches to mental health. The annual conference, which are designated as Continuing Medical Education programs for doctors, are a big hit with highly qualified professionals, researchers, and laboratory technologists giving robust presentations on such approaches.

Bapu Trust, the Pune-India chapter, is in alignment with the vision of Safe Harbor and supports the creation of alternative mental health facilities where safe treatments for mental disorders are given. We also support SH's plan of assisting legislative agendas that support alternative mental treatments and that discourage harmful mental health treatments.

In Pune, we hope to develop our resources in the area of non-drug approaches to mental health. We have a growing list of resource persons who are practicing such approaches locally. We plan to hold regular events in Pune to strengthen the outlook of AMH. We look for collaboration with agencies having similar interests.

We are particularly interested in the use of such methods in the context of custodial institutions (jails, mental hospitals, beggars homes). We would like to know about nutritionists, homeopaths, or other doctors who are interested, or who are working in the area of detoxification and managing the withdrawal effects, following discontinuation of psychiatric medication.

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