

Last summer ALMP began a new project--Alternatives to Psychiatry Day. Alternatives Day was conceived as a way of both introducing people to ALMP and of putting the principle of people-controlled alternatives to work by sharing matters of mutual importance with each other, rather than with "professionals," and by tapping our creative energies. Open to all who have had or who are attempting to avoid psychiatric "treatment," Alternatives Day has so far consisted of a yoga class, a support/discussion group, and a creative workshop. We hope that the concept of grassroots alternatives will grow, and offer Alternatives Day as a small step in that direction.

In addition, we continue to operate our phone information service, publish the ALMP Newsletter (with a nationwide circulation of over 2,000), and sponsor a variety of special programs and events for psychiatric inmates, ex-inmates, and the public at large.

Since 1976, when ex-"mental patients" first joined under the banner of the Alliance, we have worked on many levels to fight psychiatric repression and pave the way for alternatives to the "mental health" system. We have demonstrated in the streets against forced psychiatric "treatment" and the business interests which profit from the sale and promotion of psychiatric drugs which cause brain damage and death. We have also spoken in numerous classrooms and public forums, on advisory boards, and on TV and radio programs. We have published literature on psychiatric drugs, electroshock, the experience of being a "mental patient," and other topics on which accurate and honest information is largely unavailable. And we have been arrested for taking conscientious actions in support of our goals.

The list of ALMP activities over the years truly goes on and on--and we'd like very much to keep it that way.

But we must be frank with you. Last spring we entered a severe financial crisis which continues today. We had to beg and borrow money just to send out this letter and newsletter; we have been just barely keeping our rent paid and our phone turned on. Although we have relied largely upon grants in the past, the political and economic realities portended by the policies of the Reagan administration now make it more and more necessary for us to rely on growing grassroots support in order to survive and effectively meet the challenges ahead.

This, dear friend, means you. Your moral support has always been important to us, but we need more than that now. We have the people, the energy, and--thanks to our lawsuit victory--the political position to make great progress in our efforts to improve the conditions of life for our sisters and brothers in state institutions. But we also need money--\$500 a month's worth--and to be honest, we're nearly broke.

And so it is once again that we ask you to make a cash donation to the Alliance. Join the struggle for the right of all of us to be free of unwanted psychiatric intrusions into our lives and to determine our needs and solutions on our own. Be it \$50 or 5, rest assured that your contribution will go a long way, and that every dollar will be spent well. A self-addressed envelope is enclosed--please mail it back to us today.

We thank you in advance for your support in time of need.

In Struggle,

Lenny Lapon
Lenny Lapon

Pat Bradley
Pat Bradley

Bob Harris
Bob Harris

for the Alliance