

[ernimovement@gmail.com](mailto:ernimovement@gmail.com)[www.ernimovement.com](http://www.ernimovement.com)

## OBJECTIVES OF THE ERNI DECLARATION:

1. To connect and make the voices of ERNI-minded professionals more audible
2. To connect and make the voices of ERNI-minded users of services more audible.
3. To make the principles of ERNI more visible.
4. To influence the development of services

## WE ALL NEED CONNECTION

ERNI is about solidarity and connection. The register is evidence of that - the more of us who sign, the more confident we can feel in our human rights position within and outside the dominant mental health culture.

Over the last year, the ERNI movement has continued to grow as those who share the same principles sign the register. We have connected with signatories from across the globe who have reached out to share their inspiring work with hopes for change.

We would like to introduce to the wider ERNI network something of their work as they have been so generous in sharing their stories:

Laura Mohapi

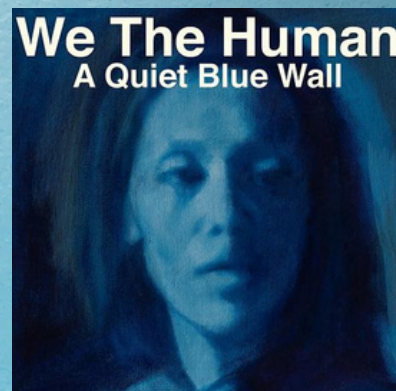
### [A Quiet Blue Wall](#)

Laura is a UK based artist whose work focusses upon suicide prevention. Laura is engaged with ideas around human connection and social justice. She is inviting others to collaborate with the project, 'We are Human: A Quiet Blue Wall', that invites submissions of self portraiture to make creative connections between emotional experiences and the way the world is.

As part of the project, Laura asked if she could paint ERNI member Paul Blackburn's picture, that remains part of the collaborative art project.

If you are interested in being involved with Laura's work, please contact her via the website below.

[www.lauramohapi.com](http://www.lauramohapi.com)





**ERNI**  
*emotions are not illnesses*

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Laura Belmar



Laura is from Germany, but has lived several years in the UK. Her survivor's mission is to raise awareness about her non-disorders and how trauma is interlinked with other social oppression. She discusses these topics on her blog "FemVegTrauma" and YouTube channel "[DI Without The Disorder](#)". She is also an artist, poet, singer, musician, historical linguist, archaeologist, and lover of nature. She has translated the ERNI declaration into Spanish and German.

***I Am Not Ill***

**I am traumatised. I am abused. I am dissociating. I am scared. I am angry. I am grieving. I am lonely.  
I am not ill.**

**I want respect. I want kindness. I want understanding. I want open-mindedness. I want compassion. I want  
love.**

**I don't want medication.**

**I am overwhelmed. I am triggered. I am exhausted. I am despairing. I am hopeless. I am suffering.  
I am not disordered.**

**I want to tell you that I'm dissociating. I want to tell you that I'm triggered. I want you to know that you're  
talking to a child right now. I want you to understand that I have 12 personality parts and I can't control  
switching.**

**I don't want to go to psychiatry.**

**I self-harm. Sometimes I want to kill myself.**

**I'm not crazy.**

**I deserve to be listened to. I deserve to be asked how I feel and what I need. I deserve what I need. I deserve  
that you have enough time for me. I deserve that you take the time to learn more about my conditions. I  
deserve to be cared for.**

**I do not deserve to be ignored, accused, and discriminated.**

**Sometimes I can't speak. Sometimes I can't remember. Sometimes I can't think. Sometimes I can't feel.**

**Sometimes I can't go out. Sometimes I can't move.**

**I can always be human.**

**I am poor. I am jobless. I am homeless. I am disabled.**

**I am not useless.**

**I am creative. I am passionate. I am funny. I am loving. I am considerate. I am intelligent. I am strong. I am  
resilient. I am brave. I am observant. I am learning. I am doing my best.**

**I am not super-human.**

**I am a child who has been born into a family of monsters. I am a teenager who's scrambling for her identity  
among the shards of torture. I am an adult who's trying to navigate an abusive world.**

**Most of all, I am myself. Despite them.**

**So please. Drop the disorder.**

**I am not ill.**



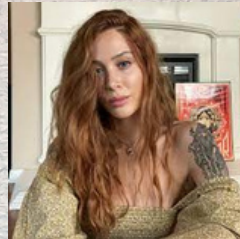
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### Mollie Adler ([Back from the Borderline](#))



The ERNI committee have recently been contacted by Mollie Adler. For those of you who have not come across Mollie, she is a dynamic US based podcaster whose material features within the top 1% of downloaded material on Apple and Amazon platforms. We were humbled to hear of her uniquely crafted way of thinking and drawing on her own experience about trauma to engage her predominantly young audience in non-medicalised richer understandings of distress and meaning making.

Mollie's podcast is called '[Back from the Borderline](#)' and can be accessed via Apple, Spotify or Amazon.

### A Disorder 4 Everyone

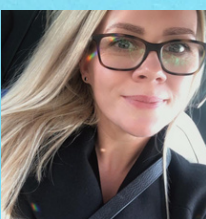
Many ERNI signatories are already aware of the brilliant work undertaken in the name of Dropping the Disorder!

On Friday 22nd September, A Disorder 4 Everyone, is hosting its 4th popular online festival.



You can expect the usual dynamic, change-making energy, passion and wisdom from every one of them. They are all people who challenge the mainstream medicalised paradigm of emotional distress that labels and pathologises people's suffering on a daily basis.

Presenters include: Lucy Johnstone, Jo Watson, Gabor Maté, Johann Hari, Lasse Mattila, Robert Whitaker, Peter Kinderman and many more incredible people.



*If you would like to share your ERNI related experiences, work, projects, creations or writing with us all, please get in touch with Gemma Dent (ERNI Movement Coordinator)*

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### ERNI Research and Ideas Development

The Ideas Fund, which is run by the British Science Association and funded by the Wellcome Trust, is supporting a new ERNI mixed media and mixed platform creative initiative. Based (live) in the northern UK city of Hull and also online, the project aims to create reciprocal learning across the University and the ERNI signatory community about the lived experience of using and working within what we view as a harmful mental health system.

Working with artists and story facilitators, we hope that participants will be able to tell their stories to inform others in ways that are tangible and meaningful, including writing, art and film.

More information will be available on the [website](#) over the coming weeks.