

## How to NOT manage mental illness- a poem

Javed Latoo

Ignore it, call it a frailty  
of our resilience, confuse it  
with a fleeting worry or sadness, blame  
witchcraft, black-magic or a Jinn.

Mystify it. Call it  
an illness of soul, use  
*Cartesian Dualism* to explain it,  
separate it from the brain.

Let every Tom, Dick,  
and Harry, philosophise, float  
an expert opinion, about  
its causes and treatment.

Invent an imaginary  
gulf, a stigmatising barrier,  
between our mental  
and physical health.

Leave it, for healing, at the mercy  
of celestial bodies, quacks,  
Dr Google,  
and street drugs.

Use a priestly vocabulary,  
*"mind, body and soul"*,  
to promote *the ghost*  
*in the machine* mindset.

### Competing Interests

None declared

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