

To the World Health Organization, and for a Healthier Organization of the World (WHO / HOW)

9 October 2015, Geneva

I am Eric LUCAS, a high potential autistic ;
and the following are only my personal thoughts, about dignity in mental health.

1/ First condition for dignity : the right to be alive, the right to be born.

The autistic people, the Down syndrome people, and other "mentally different" or "neurologically different" persons, are very concerned about the current trend towards eugenism, due to the possibility for parents to abort the natural cycle of life, just because their baby would be different than what they want.

A human being is not like a product that you order on the Internet.

I do not think that anyone has any right to interfere with the creation of life.

1a/ How can you be sure that the person would have preferred not to be born ?

1a1/ Ask them what they think about that, with polls, when possible.

And I would be surprised if many of them would prefer not having come to earth.

The suicide wishes are another issue, coming from the fact that society is giving us a very hard time.

1a2/ And when not possible, ask for instance to those of the autistics who managed to "get out" (of their special world), if they would have preferred not coming to life, when they were "alone in their world", including in case they would never have "got out" (which is impossible to ascertain in the case of autistics, at least).

1b/ Many of the people who help mankind to progress are coming from the category of people different from the norm, which often makes them considered as "mentally ill" by the "normal ones".

If you allow the eradication of the different people, you take the risk of also eradicating mankind, because if only formatted and similar people remain, they will lose themselves into copies of copies, and finally destruction, as we can already see.

Not to mention that when you remove the margins, then the people who are inside the norm but close to the margins become the new margins, the new problems to exclude or to remove. And little by little, with this normalization enterprise, you end up with a society of clones, robotic, automatic humans, which is already on the way since a few decades.

And even if these innovative persons are only a very tiny fraction of what I would call the "mental minorities", maybe it's worth not taking the risk to kill them (when killing all before birth), not to mention the fact that anyway any life has the same value, whatever the abilities of the persons.

1c/ I just don't see why people, even so-called "ill", would not have the right to live (or to be born) ?

1d/ If there were sensible and real efforts made to understand us, then :

1d1/ The parents (and society) would understand that many times, we -the so-called "mentally ill" persons- are suffering less from a so-called "disease" than from all the things imposed on us by society, which is believing that the only way to be happy is to be like them (which I certainly do not believe) and which is therefore trying to "cure" us by having us being like them, or otherwise by excluding us.

The problem here, is the inability of the "not different people" (like copies of copies) to accept the "different people", and for me THIS is a kind of mental illness. And even, an illness of the heart.

1d2/ If people were really open-minded and open-hearted, and accepting our collaboration (which they ignore), they would not only understand better the nature and the reasons of our sufferings, but also they would be able AND WILLING to undertake the proper measures, for us to live better, and with dignity, which means real acceptance, with equity, and not only some pity towards people seen more or less as "sub-humans", worth only to be "cured" (and also to be used by some businesses living on that).

1e/ Who has the right to decide of modifying nature ?

Didn't we have enough lessons, and catastrophes, showing that when men change the natural course of things, they have to pay it the highest price ? So many civilisations, minorities and animal species have disappeared or have been killed, for stupid reasons, and now you want to kill the most vulnerable, precious and pure human beings ever, who may contain some specimens indispensable for the survival of mankind, like the original is to the copy : for instance the autistics, and the other people that a normalized society cannot understand, and cannot listen to.

“Normal people” unable to hear our voices because they are focused on pleasures and illusions. Like the illusion of being entitled and able to “rectify” persons who are different by nature, and who may not want to change this.

2/ Second condition for dignity : the right to live where we want, and how we want.

We need the deinstitutionalization, we need to be included in the heart of society (but with protections) as full citizens, and we are grateful to the WHO for mentioning this in the resolution 67.8 of the World Health Assembly. Excluding people who are already suffering, and treating them as second class humans, is something very insulting and destructive for dignity and self-esteem. Myself I experienced it, more than enough. All this is easy to understand, but some countries are just pretending to be willing to solve the problem, which is difficult because of the global public fear, allowing the power of the institutionalizing lobbies, for financial considerations, and *this* shall be cured.

There is no dignity where there is no liberty and equal rights.

3/ Third condition for dignity : not considering as "sick" or "madmen" people who are just different.

Some people do have real mental health troubles, and are glad to be cured.

But many so-called “abnormal” behaviours or thoughts can be confused with that, because of the mental barriers of both : these persons, and those attempting to cure them.

Many times, people do not understand our thoughts or behaviours, and they decide that we are "mad", just because it is the easiest thing to do, and also the only choice in their automatic, pre-filled thought system.

When it happens to me, I just see that they do not have the capabilities to understand me.

And this is likely to be similar, with various categories of so-called "mentally ill persons".

Of course I'm talking about so-called illnesses coming with birth, and not about those produced by society (like psychosis, depression, substance abuse problems etc.).

In my case, I don't think that the fact that normal people do not have enough mental capabilities to understand me, should be seen as a mental illness. At least, not of me.

But I can show you medical certificates where the doctors wrote that I have a "serious mental illness", but also -they write- that they cannot understand my explanations...

Who is stupid ? Who is insane ?

3a/ Many people are suffering in their brain, not because of a personal condition or “disease” which would be inherent to them, but in reaction to the disorders imposed on them by a social organization which is itself a chaos, not consistent, not just, directed by silly “codes”, not adapted to the natural life.

Thus, the fact that some people are not adapted, or trying to escape from this artificial reality, is perhaps not insane, but an attempt to save oneself from the global social madness of the “modern” materialistic system, which is unfortunately reaching now even the developing countries.

3b/ Regarding autism,

- I don't see why the lack of communication, or interest, towards a human environment perceived as absurd and dangerous, should be a sign of “mental illness”, instead of a kind of “auto-protection, safe mode” ;
- I don't see why a strong and good “natural inability” to be adapted to artificial, untrue and unjust social codes, values, rules and behaviours should be a “mental disorder” ;
- I don't see why our so-called “narrow interests” and our perfectionism is more a mental trouble than the fact of having no passions nor interests, apart from a few limited and dictated illusions like football, movies, fashion, small-talk, gossip, and other things useless for mankind or for the safeguard of life in general.
- Are you sure that the so-called disorder is not caused by the reaction of pure, hyper-sensitive children, gifted with a hyper-coherent neurological system, to the growing chaos and social aggressions of all kinds (including mental and moral aggressions), that are imposed on us all the time ?
- Don't you think that the epidemic, the disorder, is not ours, but the one of society, and that it is just reflected and shown by the most sensitive humans, who unconsciously but safely cannot buy into that ?
- And that this growing number of so-called "mentally disturbed" people are not, in fact, “mentally *annoyed*” people, just because their autism, present at birth and before, makes them more sensitive, reluctant to all that nightmare ?
- And don't you think that you are not doing like when people just shut down the alarms because of the noise of the sirens, but without looking further.
- When the fuses of mankind are starting to melt : the problem is in mankind malfunction, not in the fuses.

4/ Fourth main condition for dignity : curing people in case of *real diseases*, and not in case of “differences”, confused with diseases because of the limitations of the global normalitarism (or normalterrorism...):

4a/ It is necessary to understand deeply the persons, not only with theories and medicines, but also with good sense, humanity and compassion.

And then it will be possible to comprehend that what they need may be very different than what the "normal people" think that they need.

Sorry, but one of the "mental errors" (not to say illnesses) of the "normal people" -even with good will- is that they assume that their own mental setting is the only one valid, which makes that they try to use their own intellectual faculties and schemes, to understand other mental wirings which are very different.

This is very hard, especially when you don't give them any value, because if you believe that a way of thinking is not sane, you will never even want to try it. Not to mention the fear about adventuring out of the box.

4b/ People think that what is good for them should be good for us, and thus they try to "correct" us, to be like them. But this is a nonsense, it's like forcing a cat to wear sockets, or shoes.

This kind of things is one of those which are causing a big part of our problems.

Please give us consideration, give us attention, give us reasonable accommodation : not what you believe is good for us, but what we really need (and that we try to ask) : this way we will suffer less, we will be less irritated, and all will be less difficult and painful for all.

5/ In conclusion :

5a/ If the community really wants the best interest of the persons with "mental illnesses" (real or supposed), they should start by trying to understand their points of view, instead of trying to "correct them", or to cure them with concepts and measures not always appropriate, which are in fact increasing their social sufferings, in too many cases.

5b/ If you want to help them, you should start by loving them (even and especially when it is difficult for you), and by accepting them in society.

In the FREEDOM of society, which is normal for you, but a non-accessible dream for them. Why ? Just because you ban them !

Why do normal people exclude different people, and gather them in special places, like with the concentration camps ?

Because they want to be quiet, and because they are afraid.

The “mental minorities” do not want to be prisoners and victims of the "normality diseases" like egoism, fear, lazyness, lies and illusion ; we do not want to be oppressed because of the comfortabilism of the *quiet people*, which I see as a mental obsession due to the fact that inside of them they are guessing the madness and dangerousity of the system, and this so terrifying for them, that they have no other options than escaping in “acceptable illusions” (power, possession, games, movies etc.), or “not acceptable illusions” (drugs, etc.) and all this is a global social psychosis, which is the major mental illness to be cured.

And I am happy that most of autistics and other minorities are not into that.

We want to live with you but not be forced to think or act like you, nor to accept a superiority which is very debatable.

Forcing a person to be “like everyone” in order to include her, is as ill-treating as forcing to be excluded.

Mixing is confusion, and finally loss.

Intelligent organization of different things, and harmonious cooperation is progress.

The wild nature is organized.

5c/ And to finish, regarding the mental problems coming from the current society's ill construction and distorted way of living and of thinking, society should address the causes of the problems, and not just try to cure the victims.

We have a major global social mental problem, and it's no wonder if more and more humans are “getting mad”.

And now about the "substances", there should be more efforts to ban and really eradicate the most dangerous of them.

Please cure and eradicate the problems, instead of attempting to cure and eradicate the victims of the problems, especially when some of them can help you solving these problems, if only you could listen to them.

The victims of the biggest mental health trouble are the “normal persons” themselves, lost in illusion and confusion, eating and destructing the planet, killing all what they see as unuseful, or bad for their illusion of well-being : wild animals, ethnic minorities, and now the neurological minorities, who are not doing all these insanities and atrocities.

Please cure that first, start understanding, and stating, that lies, illusions, possession and power obsessions, are real diseases, and the most dangerous mental disorders, causing the troubles of the whole world.

Thank you.