



About SANE

SANE was established in 1986 to improve the quality of life for people affected by mental illness following the overwhelming public response to a series of articles featured in The Times newspaper entitled *The Forgotten Illness*. Written by Marjorie Wallace, now SANE's chief executive, the articles exposed the neglect of people suffering from schizophrenia and the poverty of services and information.

SANE has three objectives:

- To raise awareness and respect for people with mental illness and their families and to secure better services
- To undertake research into the causes of serious mental illness through The Prince of Wales International Centre for SANE Research
- To provide information and emotional support to those experiencing mental health problems, their families and carers through SANEline and SANEmail.

▪ Raising awareness

SANE campaigns to combat stigma and ignorance and improve care, giving nearly 400 interviews each year on national and local television and radio, generating hundreds of column inches in the press and participating in government and professional initiatives.

Major concerns highlighted by SANE have been the prevention of suicide and self-harm, the impoverishment of psychiatric wards and services, the need for a better balance between rights in mental health law, and the link between cannabis and psychosis.

▪ Undertaking research

In 2003 SANE opened The Prince of Wales International Centre for SANE Research in Oxford. Under the guidance of Professor Tim Crow the centre aims to establish the causes of and better treatments for schizophrenia and bipolar disorder, and to act as an international forum, disseminating education, awareness and information to other scientists and the public.

▪ Providing help

SANE's national telephone helpline, SANEline, was set up in 1992. SANEline volunteers currently handle an average of over 2000 calls every month from men, women and children affected by mental health problems as well as their carers and health professionals.

SANE's vision is to use its proven helpline expertise to reach many more people affected by mental illness, their families and friends and in 2007 SANEmail was launched. This new email support service provides vital online support to people who may find talking about their mental health problems difficult, or who perhaps can't use the phone because of a disability.

"Information is not a cure for mental illness but we believe that knowledge can bring relief. By overcoming the impasse in which many families find themselves, we can bring reason and comfort into a world where reason has failed"

Marjorie Wallace
Chief Executive



Meeting the challenge of mental illness

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