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The problem's not depression it's oppression

I believe what gets understood as mental illness is directed more by pharmaceutical corporations, capitalism, colonization, homo/trans/queer phobia, sexism and racism than by real concern for human suffering. I think its way more accurate to think about people who struggle against exploitation and domination as being *oppressed* not *depressed*. People need justice, not just medication. The problem is not in our minds, our brains, or our neurons, but in the world where privileged people abuse power and destroy lives, Mother Earth, and communities for greed.

Being an activist, acknowledging the suffering of others, unmasking your own privilege, holding a critical analysis of the points of your own oppression and power: All of these things can lead to stuff that looks like Depression. We can start to think we might be crazy (depressed, angry, obsessive, defiant, maladapted...) Hopelessness can make us think we can't do anything about injustice. Political awareness can be paralyzing, overwhelming, and spiritually painful. Individualism makes us think we're alone, that no one thinks like us.

Our resistance to this political violence, degradation, heartbreak, and terror is to hold each other in sacred and revolutionary love, and to work for justice: that's what solidarity is. Solidarity is belonging. You just need to figure out the best use of you, trust that you will find your people, and work in solidarity with others.

In direct actions, like the homelessness march, I experience the social divine. Belonging with others who struggle and thirst for justice is my solidarity/my spirituality. Activism is my little sanity-making project, my resistance against depression. Activism is not a sign of mental illness, but mental wellness. Survivors of torture have told me a spirited political protest is worth 100 therapy sessions! Happiness is overrated: Social Justice is underrated.

We're not crazy, another world *is* possible. I'm not immature or crazy because I'm 50 and don't own a house, TV, or a car. It's not that I'm idealistic, foolish, or stupid-I mean I have a PhD, a life-partner and (share) a dog. It's that I don't want to participate in consumerism with all of my life. Environmental destruction is suicidal, greed is crazy, and I believe that willfully exploiting the lives of other human beings around the planet is a sign of mental illness. Don't let anybody tell you that because you're heart-broken about the indignities and suffering of most of the world's people you're crazy-that you should go shopping and be happy.

No justice No peace- No peace of mind. A socially just world is a mentally well world. Actions for justice are acts of sanity.