

ANTI PSYCHIATRY

TRAINING 6

SURVIVAL SKILLS

NECESSARY PREPARATIONS

In order to begin to utilize the survival instructions outlined below you will need an official medical record signed by a licensed psychiatrist which states you have been labeled schizophrenic. This document is your key to all the benefits we will now discuss which include a free income for life, free legitimate medical care, a free permanent home, free utilities, free food using food stamps and, perhaps best of all, the peace of mind that comes with knowing you are no longer in the "rat race for survival" and that the remainder of your life will be a stress free. You are no longer a slave of the fascist establishment. Your life is your own.

Next, you must qualify for SSI [Supplementary Security Insurance] which should be routine once you have been officially stamped schizophrenic by a psychiatrist. Once you are approved for SSI, you no longer need to maintain any association with a psychiatrist. Although a psychiatrist can qualify you for SSI, no psychiatrist can cancel your SSI once you get it. This is because schizophrenia is considered incurable and SSA has certified you "totally and permanently disabled". Therefore, you cannot recover and so no doctor or other expert can proclaim you recovered because that is considered to be "impossible".

At this point you *must* break away from any relationship you may have with any psychiatrist or any other professional linked to psychiatry. You will need to stop using any psychiatric drugs. If you feel you are in danger of being attacked by a psychiatrist because of these decisions, you will need to escape to somewhere where you are safe from attack which may require you moving to another state. You must totally excise these people from your life to have any meaningful chance of true freedom.

CAUTIONS

Although you have an absolute right to the entitlements we will discuss, you can lose these rights if you are not vigilant and aware of the scams perpetrated by psychiatrists and their minions. You must be aware of these scams and be prepared to avoid them.

A common scam is for some type of organization linked to psychiatrists to attempt to make themselves a "representative payee" for your SSI checks. Once they do this, they get your money. You get nothing unless they decide to give your money to you which means they can intimidate you into submitting to

drugging or anything else they want. You do not have to submit to this. If something like this has already happened, you will need to go to the nearest social security office and have it stopped and your money sent directly to you.

A more serious scam is the "group home scam". In this scam, you will be housed in a so called "group home" which is basically a house generally in a residential neighborhood. In this scam, some authoritarian type person like a social worker gets several patients, puts them in the house, confiscates their government benefits and then forces them to work in and around the house for free as a slave. They are threatened with arrest and return to a psychiatric hospital [concentration camp] if they disobey orders. If you find yourself in such a situation, your only real choice is to run away and get far enough away that you are beyond any power the group home owner may have. Then, you need to go to social security and revoke any authority the group home may have set up to confiscate your money. A free legal services attorney would be useful if you can find one.

ESTABLISHING A PERMANENT RESIDENCE

Once you have your SSI and are free from psychiatrists you will need to turn your attention to setting up a safe permanent residence. You automatically qualify for the federal "Section 8 housing program" because you receive SSI. You will also qualify for similar programs which are run by various non profit agencies or local state agencies.

You will need to do some research and leg work to find your new home. However, once you do find it - and you will find it if you are persistent - you will be set for life and have your own home where you can live free from outside interference.

OBTAINING FREE LEGITIMATE MEDICAL SERVICES

SSI provides you with automatic access to the Medicaid federal health insurance program which guarantees you 100% free medical coverage with no co-payments as well as essentially free drugs. People who work for a living can't buy the kind of coverage you have at any price. So, you now have better health insurance than you would if you had a job and it is totally free.

OBTAINING FREE UTILITIES AND FOOD

Now that you are set up in your new home, you will want to get the government to pay your utility bills. Some are free. Others are subsidized. Your telephone is totally free. SSI entitles you to a free cell phone with free monthly minutes. Electricity and gas are subsidized by a federal program known as LIHEAP. You will need to check in your area to find out where you sign up. Your food is free with food stamps [now called SNAP]. Additionally, you can get a box of free food every month from Catholic Charities and Second Harvest Food Bank. You can use both programs. You will need to find the distribution centers that serve your area but your SSI status means you automatically qualify.

OBTAINING FREE INTERNET

If you live in a populated area, you should not need to pay for the internet. So many people have wireless networks that you should be able to tap into someone else's account and use it. They will probably never know and can't do anything about it if they do. Any modern laptop or notebook computer will automatically find an open network and connect you to the internet.

THE FEMININE ADVANTAGE

If you are a female, you have a definite advantage in many areas if you live in the United States. You are at a definite disadvantage if you live in a country where Sharia law is in force, however that is not your problem right now.

One thing you can do is have children. CHILDREN = MONEY The more you have, the more federal benefits you get. There are potential serious problems. The federal government gives states a "bounty" for every child they take away from their parents. This could be as high as \$25,000.00 per confiscated kid. So, you face the danger of being classified as an unfit mom and having your kid stolen by the state and sold to someone else. It is big business. You would definitely benefit from having legal representation. Free legal services are generally available. If you find yourself pregnant and believe that the state will steal your child when it is born, you could get one step ahead of the game by arranging for a private adoption in which someone who wants a child will adopt yours AND will pay you through a confidential agreement through your attorney. The details will remain secret because of attorney client confidentiality. The going rate for a healthy baby is at least \$10,000.00.

OBTAINING FUNDING FOR MAJOR EXPENSES

Your basic SSI check will cover your day to day expenses. However, most people would like more. A car would be nice. Maybe you would like to travel. Creature comforts are nice too. All can be yours with a little cleverness and effort.

You can use your computer and free internet to go to college. You never have to actually travel or sit in a classroom because everything can be done online from wherever you happen to be. You can pay for college with government grants and loans. There will always be money left over you can keep and use to buy whatever you please. Grants do not have to be repaid and should not affect your SSI. Typically, a grant will give you about \$700.00 in surplus money. Student loans will yield larger amounts. However, SSI considers loan money to be a resource so special precautions need to be taken if you decide to get student loans. Also, someone will expect you to repay the loan. Fat chance! They will never see a cent. To play the student loan game, you must theoretically stay in college for the rest of your life. As long as you are in school, you are not expected to repay. When you die, the loan is automatically canceled. Even if you do not stay in school, what chance do you think a collection agent is going to have going after someone who does not own anything, is legally hopelessly insane and whose

income [SSI] is legally exempt from attachment. Before you play the student loan game, make friends with others who know the ropes so you will not make any mistakes. It is not a risk free path.

SETTING UP A SOCIAL SUPPORT NETWORK

Friends and the support they provide are very important. You are not exactly alone. Remember, psychiatrists consider over seventy-five million US citizens to be insane. That's a pretty big number. You should be able to locate at least a few of the 75,000,000 wherever you may be.

Depending upon your past experiences, you may be compatible with existing global support networks. For example NA [Narcotics Anonymous] and AA [Alcoholics Anonymous] both have huge global networks and many meetings, parties and conventions. They also have a code of silence and will protect one another. These groups provide an opportunity to meet others who have not had easy lives but who have succeeded and survived. They know how to "work the system" - a survival skill that you need. They can provide you with valuable knowledge if you hang out with them.

DEALING WITH THE GOVERNMENT

In the course of your little adventure through life, you will occasionally need to talk to the government. Here are the essential rules for a successful interaction: First, never volunteer any information about anything. If you are asked a direct question, answer the question as simply as possible. Do not elaborate. If you know that to answer will adversely effect you, say you do not remember. Crooked politicians say this all the time and get away with it. If they can, so can you AND you are supposed to be crazy so to have incomplete memories is perfectly understandable.

CONTINUING SECURITY WILL REQUIRE CONSTANT VIGILANCE

Simple mistakes could cost you everything you have worked to achieve. Be aware of all government policies and laws that could effect your situation. Network with trusted friends who are in similar situations and compare notes. Two - or more - heads are better than one. Try to keep one step ahead of the game at all times. Your survival depends upon it!

LIVING FREE AND LOVING IT

Having now completed the steps outlined above, it is time for you to truly enjoy life - perhaps for the first time in your life. All your needs are now guaranteed. You have a level of freedom and security no working person will ever see. Even the super rich who appear to have everything do not have what you have. They live under tremendous stress even though they are worth millions or billions of dollars.

You may not have thought of this perspective, however if you look at your situation you should realize that you are now the master and the rest of the world is your slave. Working people work for you.

When you use your food stamp card, for example, you command some working stiff somewhere to slave for minimum wage to produce the food you access for free. Your free cell phone is paid for by a tax on the phone bills of those who actually have to pay their bills. Your monthly free income comes from taxes on those who work because they can't figure out how to escape from their miserable jobs and so must toil until they drop dead.

You may not have much but you have something money can't buy: You have now escaped from the mainstream rat race world. You have a stress free life. And, that is priceless!