

Psychiatric Survivor Musician Works on Album

Vara Adams is a psychiatric survivor musician who is working on an album of songs that challenge the current mental health system. She has three of the six songs recorded so far.

On 1 December 2007, Vara Adams released the first three songs from her first album, "No Means Yes." Already the album has received a warm welcome, with people calling it "jarring," "poignant", "superb," "powerful" and "timely."

Vara had this to say about the album:

'I decided that it was time to tell the world how I feel about the system that labelled, drugged and shocked me. I know the songs are raw, but they very clearly express the way I view psychiatric treatment as a whole. It makes me angry that people labeled as mentally ill immediately become nameless and are subjected to coercion and abuse. I have survived that label, and I won't be nameless anymore.'



Three songs – "Nameless", "Panacea" and "Trees" – were funded by Vanaheim Group Pty Ltd an Australian management company, but the next three remain unrecorded due to a lack of money. Although incomplete, Vara wants to get the album out there in the hope that those still in the psychiatric system might have a voice, and that those outside will be inspired to try and change it.

Vara's album can be downloaded and donations made at: <http://www.varaadams.com>.

Praise for "No Means Yes"

"We at the MindFreedom office downloaded and paid for the first three songs and we really enjoyed them. It's great hearing a combination of skilled artistic creativity and clarity about massive change in the mental health system. We look forward to this album's full release!"

David Oaks, Mindfreedom International

"I listened to the songs and love them. I even donated \$25."

Oryx Cohen, Co-Founder of The Freedom Center

"The songs are a bit jarring, but good. The jarringness is appropriate, of course."

Jim Gottstein, PsychRights

"I'm so inspired by your courage to get out there and warn, through your art, the many people who are currently being lied to and misdirected toward bogus treatments and dangerous drugs."

Kate Ceberano, singer