

QUALITY  
HOSPITAL  
H  
GUILT  
G  
FOLLOW-UPS  
F  
EXTERNAL FOCUSING  
E  
DISCHARGED  
D  
CBT (COGNITIVE BEHAVIOUR THERAPY)  
C  
BDD (BODY DYSMORPHIC DISORDER)  
B  
AVOIDANT  
A

POWER  
P  
OT (OCCUPATIONAL THERAPY)  
O  
NHS (NATIONAL HEALTH SERVICE)  
N  
MEASURABLE  
M  
LISTENING  
L  
KETAMINE  
K  
JOURNEY  
J  
IMPACT  
I

ZOLPIDEM  
Z  
YOU  
Y  
X-RAY  
X  
WARD  
W  
VULNERABLE  
V  
UNIVERSAL  
U  
TICKBOXES  
T  
SAFETY BEHAVIOUR  
S  
RESIDENTS  
R

**CLINICIAN LEXICON**

REFERRAL  
R  
QUESTIONS  
Q  
PERMISSION  
P  
OVERTHINKING  
O  
NORMAL  
N  
MOVEMENT  
M  
LIMITED  
L  
KNOT  
K  
JUST  
J

INVISIBLE  
I  
HOPE  
H  
GOD  
G  
FLOORED  
F  
EXPRESSION  
E  
DEMONS  
D  
CONNECTIONS  
C  
BRAVERY  
B  
AFFECTION  
A

ZEN  
Z  
YIELDING  
Y  
XPERT  
X  
WEIRD  
W  
VOICE  
V  
UNDERESTIMATED  
U  
TRIGGERS  
T  
SUPPORT  
S

**LIVED EXPERIENCE LEXICON**

**INTRODUCTION**

A lexicon is a vocabulary of a person, language, or branch of knowledge. It's a list of words we like to use without any rules on how to use them.

As part of their commission, OOMK worked with clinicians, artists with lived experience of mental illness and patients at Bethlem Royal Hospital to set up Level Press, a Risograph printing Press based at Bethlem Gallery.

Through establishing an open and active site for both clinicians and patients to reflect on their experiences, express ideas through art and writing, engage in production processes and distribute their work, the ambition of the press is to create a level ground from which alternative communication channels can emerge between patients and professionals. The Lexicon of Mental Health is just one outcome from a series of workshops at the press focussing on language. We invited different people to consider their A-Z of mental health as a way of opening up conversation around the subject and also as a way of unearthing how patients and clinicians think and talk about un/wellness in different ways. We combined the responses to create a separate lexicon for each group, while we recognise these could never encapsulate the shared experience of all patients or clinicians we see it as a way of summarising the responses generated with the particular groups we worked with and hope it encourages all people to recognise their experiences and attitudes towards mental health.

One of My Kind (OOMK) is a collaborative publishing practice led by Rose Nordin, Sofia Niazi and Heiba Lamara. Working together since 2014, the trio make, publish and distribute books and printed works which arise from self-initiated and collaborative projects. As part of the commission, OOMK worked with Sahra Hersi and Rosalie Shweiker to develop and deliver workshops. [www.oomk.net](http://www.oomk.net).

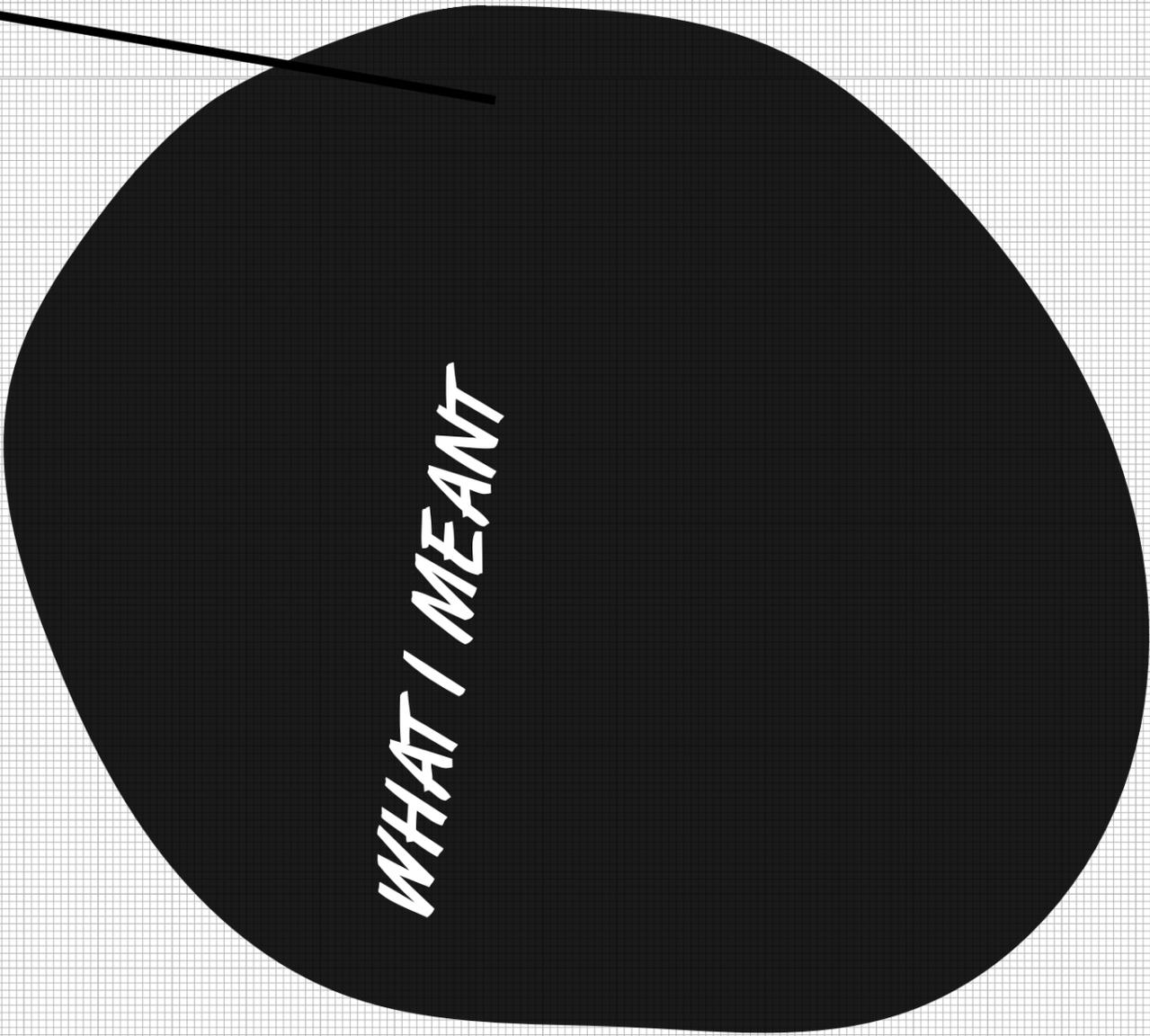
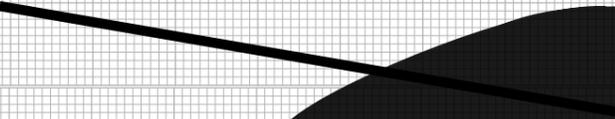
Bethlem Gallery is funded by Wellcome to provide public engagement for research into mental health and justice. The public programme influences, and is influenced by, the Mental Health & Justice ([www.mhj.org.uk](http://www.mhj.org.uk)) research team which is comprised of six inter-related research strands involving clinical experts, lawyers, philosophers, neuro-scientists, social scientists and service- users. Commissioned artists bring people together across these multi-disciplinary strands and across the delineations of service user, clinician, patient, public, artist and researcher to encourage conversations and learning through art practices.

[www.bethlemgallery.com](http://www.bethlemgallery.com).  
Level Press Instagram: @levelpress\_riso



**THE LEXICON  
OF  
MENTAL HEALTH**

*WHAT YOU HEARD*



*WHAT I MEANT*

*WHAT I SAID*