

EPILOGUE

The challenge of bearing a beatable foe means creating a world where the acceptance and treatment of mental illnesses are routine not rare, a world where the incidence of mental disability is rare not routine.

A world that feels less worried and hurried because it is. A world where the struggle to juggle seems manageable, where we have enough time and space to do routine things routinely.

A world where suicide is less common, where the eyes of a despairing child never – but never – close on tomorrow because she has lost hope today.

A world where 12 year old kids are not medically anxious but appropriately care-free, where the “second hand smoke” of toxic stress in the adult workplace is reduced at source.

A world where mental illness happens – as surely it will – but never at the cost of human dignity. This is a world that can happen if we are brave enough and wise enough to see things as they might be.

Ask why not – why not a world like that?