

Members Solve Emotional Problems at Neurotics Anonymous Sessions

by TONY FITZGERALD

A local group can be compared to a young child. It grows and continues to learn. In the case of Neurotics Anonymous its members learn but they learn about themselves. According to one organizer, NA acts as a stepping-stone for people who have been in a hospital but need a place on the outside where they can seek aid.

Neurotics Anonymous is basically a group of people who have joined together to solve their emotional problems by following guidelines set down by Alcoholics Anonymous. The group exists solely to help mentally and emotionally disturbed individuals recover from their illness and maintain their recovery.

What does the word neurotic mean? For the purpose of Neurotics Anonymous a "neurotic" is any person whose emotions interfere with his functioning in any way and to any degree whatsoever as recognized by him.

In Brampton, Neurotics Anonymous was born last summer when doctors at Peel Memorial Hospital supported the idea and weekly meetings began in August. After organizers started the local group they left it up to its members, feeling that they could learn by listening to other people's experiences. In this way the group could combat the nation's number one public health program mental and emotional illness.

SERVES GEORGETOWN
Members in the Brampton Chapter of N.A. come from a wide area including Georgetown, Shelburne, Malton, Bramalea, Woodbridge and Brampton.

"The group is starting to function very well now," said one of the organizers. "But Christmas was very bad for them and it will take two or three weeks to get going again."

Many psychologists agree that Christmas is a difficult time of the year for the lonely and distressed but if they are able to overcome those two or three weeks the rest of the year is relatively easy, especially when a group like NA is around to lend a much-needed helping hand.

ALMOST EVERYBODY
According to psychologists, almost everybody is neurotic to some extent. Anyone who suffers depression, anxiety, loneliness, guilt, fear, tension, remorse and other torturous emotions is in need of help either at a hospital or Neurotics Anonymous.

Peel Memorial, as most hospitals, has a waiting list because its 41 beds in the psychiatric wing cannot accommodate all the troubled people. Peel Memorial has an average of 50 admissions a month.

MUST REALIZE
According to organizers, people with emotional and mental problems do not face the stigma which was attached

a few years ago. Society has become adjusted to the wants and needs of people suffering from mental illness.

Neurotics Anonymous cannot help people unless they attend the meetings and realize they need assistance to help their lives worth something. Today more people are seeking help through Neurotics Anonymous.

DOEN WOHK
Mental and emotional illness is strange. It does not make exceptions for race, color, creed or social standing. It can strike anyone at anytime from the lawyer collecting \$60,000 a year to the everyday housewife.

The way out of illness, the way to get well and stay well is the Neurotics Anonymous Recovery Program and the people who have attended the weekly meetings Monday nights at St. Paul's United Church in Brampton are living proof that the program does work for those who want it to work.

EVERY MONDAY
Organizers have never seen a person fail who has done his best to follow the NA program. The group meets every Monday night at St. Paul's United Church, Main Street South, Brampton.

Neurotics Anonymous has been approved by many psychiatrists, doctors, psychologists, clergymen and other professionals. Many of these professionals refer patients to NA and some are themselves members of Neurotics Anonymous.

Less Than 80 Students Have Sought Transfer

It has been a year since Halton County Board of Education introduced the option allowing local students to attend the school of their choice. In the 1971-2 school year 58 students took advantage of the scheme in the North Halton Education Area. There are 12,330 students in this area, 9,070 attending primary institutes and 3,260 high school students.

Fifty-four requests for transfer came from primary school applicants of which the board refused two, there being no vacancies at the school they wished to attend.

The high schools had six transfers out of 10 requests. Four applicants were denied on the same grounds as previously mentioned.

A tally of the 1972-3 requests for transfer was made on Monday, January 19. Ronald Chapman of the Halton County Board's North Halton office estimates the number being slightly less than 20 for all the schools in North Halton.

There are 9,106 elementary students and 3,161 secondary attending school this year in North Halton.

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