

## Reading

- Richard Schacht, *Alienation*

## Alienation

- What do you find alienating and why?

If we have a sense of this, we may be able address some general philosophical questions about alienation itself:

- What is alienation?
- We can be alienated from someone or something else, but can we be alienated from ourselves? What does this mean?
- Is alienation always something we feel when we are alienated, or can we be alienated in ways we don't even feel?
- What are the different ways we become alienated?

## Alienation and Mental Health

- How does alienation relate to mental health? Can it underpin difficulties with mental health?
- If alienation can underpin difficulties with mental health, how should we respond to these?

## Isolation and Loneliness

- We can distinguish being alone (or isolation) from loneliness.
- Is loneliness a form of alienation?
- If not, how should we understand it?
- What is the relation between loneliness and mental health?
- How does the Middle Street Resource Centre help with issues of loneliness?