This book provides a new, science based, framework for making sense of mental health breakdown and offers practical ways forward out of it for both sufferers and their supporters. It presents a fundamental challenge to the current, pathologizing, orthodoxy and both destigmatizes and demystifies. This straightforward and jargon free approach should be accessible to those encountering this issue, whether in education, employment, coaching and counselling – or in their own life or that of their family. Concepts are brought to life by the progress through help seeking of three, composite, case examples.