



Speaking from Experience

Young People & Mental Health

Transcript for chapter 1 of 9: What's going on?

Raquel, 19 – It kind of started in year 10 and I noticed that I was feeling tired all the time and I just couldn't get out of bed in the morning. Before that I was really outgoing and in all the sports teams at school and was house captain.

Trent, 16 – About six months ago, I was told at school that my mentor committed suicide. The person who told the people at my school, like my principal and that, I'd actually met that morning, and I was mad at him because he didn't tell us.

Carla, 22 – I just wasn't enjoying the things that I used to enjoy. I felt like I just wanted to be alone. I was questioning who I am and my spot in the world.

Bianca, 20 – I was hearing voices. I had to count in my head, to do things. I'd spell out things in my head. I didn't socialise with anyone and I didn't like being in crowds.

Jade, 27 – I didn't feel like myself, but I didn't know that something was wrong. I thought people could read my mind without me even talking, and I thought I knew what they were thinking as well. Obviously, that wasn't the case.

Sean, 21 – I'd say that my diagnosis is a drug-induced psychosis. The events that lead to that would've been experimenting with drugs, party drugs and I was smoking dope and ecstasy, that sort of thing. It all came together to cause a negative effect.

Tyson, 13 – Hurting my leg, lead to post-traumatic stress disorder. My emotions went crazy.

Trent – I wasn't able to do anything. I'd wake up and not want to do anything. I'd go to school and write down stuff but not know what it meant. I'd spend the whole day not knowing what I was doing.

Tyson – It just doesn't feel like everything is in the right spot. There's a piece missing.

Carla – For me, I felt really isolated. I thought that I was the only one experiencing these symptoms. I'd lost a lot of hope. I thought that maybe this is how I would be forever and things wouldn't change.

Bianca – I pretty much just kept to myself. I didn't let anyone know or anyone in that there was anything going on.

Carla – It didn't happen overnight, it wasn't a sudden occurrence. It sort of progressed over a couple of months, to the point where I really needed to do something about it or things were going to get a lot worse.

Trent – I was sleeping more often and I wasn't very active with my friends. I spent most of my time in my room, by myself. I think I spent most of my time just playing the guitar or sleeping.

Tyson – Sometimes I get angry, so angry I just can't hold on, and I just lash out.



Jade – I was working, and I burst into tears at work. My best friend came in – I trust her with my life and we're really close, we've had a friendship for 21 years. It was at the point where she turned around and said if you don't believe me, our friendship is over. She swore on some things that I know if she swears on them, she's telling the truth. When it came to that point that I couldn't believe her, I knew something was wrong.

Raquel – In year 10, I remember having an argument with a girl over nothing and just crying in the coordinator's office, to the point where he had to call my mum to come and pick me up because I was crying that much.

Tyson – I still had my same personality, but I just wasn't as happy as I wanted to be. I was very angry that I wasn't on my feet and I had to be sitting down and not doing much.

Sean - I still did well at school. I played footy; I was the captain of the school footy team. I'd still go out and go to parties. I wasn't socially isolated or anything, but it was just the fact that there were those drugs used which is what lead to me being diagnosed with a drug-induced psychosis.

Bianca - I was addicted to drugs. I was smoking and taking a lot of other drugs to get away from what was really going on. That's why, when I got the problems saw to, that's why they said I ended up with this – because of the drugs.