



Speaking from Experience

Young People & Mental Health

Transcript for chapter 2 of 9: I've got what?

Carla - At the start of year 12, I went to see my GP because I wanted to make sure that everything was okay. Luckily I had a really good GP, she was really kind and caring in her approach to treating me.

Jade – I'd left school and I was diagnosed with psychosis and depression.

Raquel – I actually attempted suicide and was taken into the hospital, where they admitted me to Orygen Youth Health for two and a half months, into their psychiatric unit. In that time, I was what they call in 'major depression'. So, I was also psychotic and I was hearing voices and I was seeing things. It got to the point that I didn't know what was reality and what was not. Even something simple like holding a pen in my hand was difficult, because I couldn't feel the sensation of the pen in my hand to write. I was also sad and teary, and all those kinds of things. Then, while I was in hospital, I went in the other direction, which is manic. So, I was overjoyed and elated and I was able to do anything and everything.

Trent – I actually found out I had bereavement when my mum came up to me one day and said, "Trent, you're having a week off school. I've noticed something has changed." I asked her what she meant. She said, "I think you've got depression". She called up my school and my work and told me not to go for that week. That Friday, I came to the AMS [Aboriginal Medical Service] and I saw a doctor. She asked what was wrong, so I explained everything to her and my mum explained everything to her, and she said I had bereavement.

Jade – I had no idea what psychosis was. I'd never heard of it and I didn't know what was going on. I didn't know who to believe, so I just put my trust in those family members and those close to me that noticed I wasn't being myself.

Bianca – I was very upset when I was told that I was diagnosed with these things. They kept building up; I didn't get told all at once. They kind of kept building up as I got older. I took it really hard and I thought I was an alien or something.

Sean – It was drug induced, and that sort of came down to smoking a bit of dope over the years. That's something that kids need to recognise, they might think it's cool at the time but it can have severe consequences.

Raquel – After the initial shock of receiving the diagnosis, I started to research a lot more. But I only went to websites that were reputable.

Carla – I'd thought long and hard about going to see my GP, and it took a lot of courage to make that appointment and actually turn up.

Jade – I guess there was some relief that there was a name for what was going on, but it's not the best feeling.

Raquel – I remember saying to the doctor, "No, I'm not like this. I'm not like everybody else with this illness. I'm me." He said, "Yes, you are you, but you have this illness and you need



to keep it in check. Just like diabetes or asthma or something like that". I sort of took that view on board, but I still find it really hard now to deal with it sometimes. I kind of think that why does a 19 year old have to keep this in check? It's not really fair. But then I get over it, and I keep it in check.