



Speaking from Experience

Young People & Mental Health

Transcript for chapter 5 of 9: Medication

Trent – I managed bereavement without taking drugs. I just took support and comfort. I didn't feel like there was a need, otherwise I would have asked.

Bianca – If I don't take the medication, I'll be all over the place. Say I'm cleaning up the house, I'll do one thing in the kitchen and then go and do one thing in the bedroom and I just can't keep it all together. I get really snappy and aggro and I hear voices. It's not good.

Sean – With medication, it was something that I didn't actually like taking. I thought that I shouldn't need to take a tablet to get better or whatever. But when it comes down to it, it helps. I can actually say that I wouldn't have recovered if I didn't take medication.

Carla – I've had some good and some bad experiences on different medication. At times, particular medications did help me. They weren't the absolute solution, but they did assist me to get through some pretty tough times.

Jade – The depression medication slowly and gradually lifted my mood, which was good. You notice the effects. When you're down that low, it's good to have a rise in mood and obviously the doctors monitor that. That's a good thing, because when you're down that low, you sort of can't get back up. The anti-psychotics slowly minimised my symptoms.

Carla – Towards the end of year 12, when I was becoming quite unwell, I started on a combination of anti-psychotics and anti-depressants. That was a big thing for me. Not only acknowledging that I needed medication at the time, but also the side-effects that I experienced were quite severe.

Raquel – It's trial and error to find the right medication. Once you find the right one, it'll help you out.

Jade – Usually they'll try you on a few; I think I tried about three before I found one that was suited to me. Each person is different, so you get different side effects.

Sean - If you are prescribed medication, it's important to take it the way the doctor tells you to take it. If you don't take the medication in the right way, it can actually have negative effects and won't help you.

Bianca – I put my medication in plain sight every time I go to have a meal, so that I know to take my medication. I've got lots of reminders around the house to make sure I take it.

Raquel – I probably eat a pill for breakfast, lunch and dinner. It might be that way for a short period of time or a long period of time, I'm not sure. But for now, that's how it is. I also have to have stints in hospital, and that is fine with me. I agree that sometimes I need to be calm, and the hospital gives me that escape. Where other places in the world would just feed my mania or depression.



Sean – In terms of managing a mental illness, medication is probably the most important thing for someone who is mentally unwell, to use as a way of recovering. Although they may not want to take the medication or like the way it makes them feel; ultimately, it's the short term pain for the long term gain.

Carla – Recovery for me wasn't solely about medication. It was about a range of things. It was about maintaining a healthy lifestyle, maintaining a good social lifestyle, having fun, and medication obviously contributed as well.