



Speaking from Experience Young People & Mental Health

Transcript for chapter 8 of 9: Words of wisdom

Carla – There were times that I was quite unwell with depression and psychosis that my thought patterns were impaired. I may not have made the best decisions. But I knew deep down that something wasn't right in me, and I wanted it to be right again. It was for that reason that I really sought help. Not everyone will have the ability to seek help, so it's important that you look after and keep an eye on family and friends. If they need a hand, make sure you're there and willing to help out.

Raquel – Offer them some support strategies, like going to see the teacher or the school counsellor, or even talking to someone like Kids Help Line or Orygen.

Sean – If you can notice changes in your friend's behaviour, I recommend speaking to your friend and letting them know that you have noticed changes in their behaviour. Your friend may not like you saying that to them, but it's important that you say it to them. It's the type of thing that is going to save them potential health problems in the future. If your friend doesn't take it on board, you can also approach the school counsellor. You could even speak to school teachers, or, if you know their parents, speak to their parents as well.

Jade – In my case, that's what happened. A friend went to my mum because she noticed that I wasn't acting in my usual self.

Carla – I think I waited a little bit too long, but it could've been a lot worse had I left it. I encourage every young person to get it checked out. It could be nothing and you could be normal. At the same time, if you need help, put your hand up and get that help.

Tyson – You've just got to think positive and eventually you know you'll get there. Some day's it's harder and other days it's easy.

Bianca – Don't listen to peer-pressure. That's about it. Don't be a sheep and follow everyone else, if they're doing it.

Jade – Just make sure you have those couple of people who you can really trust and who you can go to if you're not feeling yourself. If you've got a problem, it's really important to have someone that you can talk to.

Sean - If you've got something that's bothering you, basically, it's best to talk about it. Because otherwise, it's just going to sit inside you and it's just going to bother you and eat away at you until you've spoken about it.

Tyson – Just keep trying and don't give up. There's always a way to figure it out.

Raquel – Just so long as you surround yourself with a good support network, like your doctor and your family and your friends, then everything should turn out for the best.



Trent – Keep a close relationship with your friends and family. So if anything has changed about you, they can let you know. So, before you actually get that depressed and you don't want to hang out with anyone or know anyone, you can get help before it get that bad.

Raquel – If you can't talk to someone, you can always write them a letter or shoot them an email or give them a text to say that you're not going okay and that you need some help. That's how sometimes I have to get it across to my friends that I'm not okay.

Tyson – Just look at the light at the end of the tunnel and eventually you'll get there and it will be all gone and you'll just have a positive life.

Bianca - You'll get through it. I did.