



Speaking from Experience Anxiety Disorders

Transcript for chapter 6 of 7: Anxiety & other people

Luke (diagnosed 5 years): With anxiety, like with any other sort of mental illness, there's still always like a stigma attached to it.

Carole & Kate (diagnosed 5 years): I loathe people who are like, "Oh, having a panic attack? Get over it." They just have no idea; absolutely no idea at all.

Amber (diagnosed 4 months): A lot of people don't believe that people can feel this way. And they say, "hey, you can fix it like this", or "you just go and do this" or you can go and join a gym and you'll be fine. Get well and you'll be fine. But it's a mental and emotional thing.

Karen (diagnosed 2 ½ years): It's kind of like exposing yourself. Because, by saying you've got an anxiety disorder, you're actually saying something about yourself that is a weakness. So, you know, and I think people are often generally frightened of what they don't know and what they don't understand.

Carole & Kate: I really didn't used to tell many people and it's just not as much of a big deal to me now, because it's not as bad as it was. And, I don't know, I basically tell people that I feel are understanding. I wouldn't just go, "I have anxiety", to somebody.

David (diagnosed 3 years): I don't actually walk around and advertise. But if someone asks me how I'm feeling, I'll tell them. If it's someone I just met in the supermarket, I'll say it's great, it's not a problem. I have a girlfriend who asked me if I'm still taking medication, and I say, "Well, look, every now and then I have to but otherwise I'm feeling quite good."

Luke: I don't feel like other people would be able to understand as well. Because, personally, if I put myself in their shoes, if I hadn't experienced it I guess I wouldn't, well, you wouldn't understand it.

Karen: Yeah, it's not something that you feel like you want to tell anyone, because you're worried they'll treat you differently, and I don't want that. I want to still be able to go through my life normally without them being judgemental.

Anne & Keith (diagnosed 25 years): If someone's looking at you, they'll see a complete whole body, nothing wrong with it. "So what's wrong with you? Get on with life and live it."

Anne & Keith: Yes, why aren't you back at work? I think you should go back to work.

Anne & Keith: And, of course, if you had your arm in a sling and a broken leg, they can see what your illness is.

David: In recent times, I think people have learned to accept or try to understand this is happening in our society that people are suffering from these sorts of problems. The more it's talked about, the more people will learn to accept and understand.