



Speaking from Experience Acquired Brain Injury (ABI)

Transcript for chapter 7 of 10: Mental Health

Delia and Cassandra: I'm on, probably for life, anti-depressants, which keep me from sinking. When I'm depressed, I'm glad that they're there, because I can sink pretty low.

Peter and Carol: We've been through a lot of wars with our old mate depression, on and off. Unfortunately, I've been to the stage where I've tried to commit suicide. I'm only here because of the good work of doctors and nurses, who probably spent half the night trying to keep me alive. Even though, at that stage I probably felt like I was better off dead.

Anita: Depression was quite substantial, over the last few years. I try not to get affected by things that happen against my will.

Kerrie: I did actually suffer from depression prior to my injury. So, that meant that post-injury and even now, I'm still on anti-depressants, and I still regularly see a psychologist.

Igal, Anat, Illana: Not intense depression, but I did feel guilt a lot. I also had various obsessions, initially. I've tried to decrease them. Hopefully, I've achieved that.

Paul: I don't get angry much at all, except when I become, I suppose, sarcastic. But that's my humour.

Delia and Cassandra: If you didn't have a sense of humour, I don't think you could get through it. And the kids have to have a sense of humour as well. I remember going through a time with the kids that I just didn't have any patience. I could tell myself that I shouldn't be saying or doing that – and that's one of the things I believe I can remember, that other mightn't. I can remember saying to myself, "No, you shouldn't be saying that. It's going to upset them." With both my ex and my kids, and I still did it anyway.

Peter and Carol: I went through a stage where I was a bit depressed myself, but I tried not to show it. Trying to deal with the changes in Pete, I found very hard.

Delia and Cassandra: I think sometimes she forgets that she has this challenge, in day to day life, and she doesn't accept it. The frustration and the depression side of it still come out a lot. There'll be days when she doesn't want to accept it, and she'll go and move furniture in the spare room. Then I get the phone call of, "I'm sore and I'm tired". I ask her what she's been doing. "Moving furniture". "Well, you can't do that" [laughs].