



Speaking from Experience Young People & Mental Health

Transcript for chapter 7 of 9: You are not alone

Bianca – I thought there was nothing out there for me. I just thought that I was crazy. Once someone did find out and I got some help, it was really good. It helped me and helped my state of mind. I just couldn't believe how much help there was really out there.

Sean – Teachers and classmates should speak up, firstly, because they care about their peers. Secondly, I'm sure they'd want someone to speak up if they were in the position where they were going through mental health problems. Thirdly, because it's the right thing to do. If you saw someone who is potentially unwell, you help them. It's part of being a good person, and everyone who's watching this should be a good person.

Jade – I guess, with the psychosis, there were a lot of trust issues. So, knowing that I've known this girl my whole life and I know she's not just saying things and saying what I want to hear. She's telling me how it is, and that made it more real. It was really hard to trust people and believe what everyone else was saying, because I believed what was going on in my head.

Carla – I was in an in-patient ward once, and I had another two young people come up and just want to hang out and play cards and basketball with me. At the time, they disclosed that they too had experienced a mental illness. That, to me, was a huge turning point in my recovery. It was kind of like, wow, these people look normal and they're having great lives and that too could be me.

Trent – The most important help I've ever received would be support from my friend. He's currently being diagnosed with depression, so he's asking me for help now. Knowing that I can help him the way that he helped me, is good.

Sean – If you are mentally unwell, there's a chance that if you talk about it with your friends, there's a chance that your friend has had the same thing happen to them. They just haven't spoken about it. They'll be able to resolve anything to get you back on the right track.

Bianca – My friend is really supportive. She encourages me to go out and every week she picks somewhere that we're going to go. So, we go out and we have a goal that we always have to meet at least one person before we go home. That's a goal for me.

Raquel – The most helpful thing a friend has done for me was to come and visit me while I was in hospital. That was at my lowest point, and it was actually recently, and to see them was one of the best things I could've ever seen in my life.

Tyson – It makes you feel good to know that your friends are there, and sometimes you think that they do feel your pain. They just think, "You're having troubles, so I might stay back with you for a while today." It's good to know that you've got that support.

Sean – Obviously at different stages throughout my recovery process, I may have had more frequent meetings with the counsellor. I think a counsellor is very good, because they're



someone who you can talk to about anything, and I think a counsellor is quite important, you know. I remember back when I was younger and someone said to me, “Why don’t you go and see a counsellor?” I thought, “Oh, not a counsellor”, you know. Looking back on it, a counsellor is very good because it’s the type of person that you’ve got no association with before. While some people may look at that as a negative, you should look at it as a positive, because they don’t know you, and they don’t know what you’ve done or where you’ve been. So, you can tell them anything and they’re not going to judge you.

Tyson – My counsellors have told me to think of what’s real and what’s not. To think of what I can do to help myself and just to keep moving and don’t hold back.

Carla – I started seeing a psychologist and a psychiatrist weekly. I was extremely nervous at these sessions. I’d never been involved with these types of professionals before.

Bianca – If you’re not comfortable with your doctor, there’s no point in seeing them. You have to see someone that you’re comfortable with; otherwise you’re not going to let them in.

Raquel - I’ve had to go through a few different ones, in order to find the right one. However, my main port of call would be my doctor and my psychologist, who have been fantastic.

Jade – I’d walk in, and straight away I’d pre-judge them and say to myself, “There’s no way I’m opening up to this person”. But you’ve got to give them the chance. They’re there for you and no one else. So, I’d pretty much say, make the most of your sessions.

Carla – For me, what was most helpful about therapy was having choices. Being able to identify what I wanted to change and then having some assistance to make those changes in my life.

Sean – Back in high school when I was thinking about it, I probably would’ve thought, “A support group, I don’t need that. I’m too good for a support group. What are they going to do for me?” But, with the benefit of hindsight, you look back on it and you think that there’s nothing wrong with a support group. All you’re going to do is go there and have a chat about things. If there’s anything that’s bothering you, they’ll be able to help you. If someone is willing to help you in life, I think it’s a good idea to take that help. Not everyone out there will help you. If someone out there is willing to help you, you make the most of that opportunity and then you help them in return.