



Mental Health Week

AN ADVERTISING FEATURE



Long road back to healthy living

KATH suffered her first psychotic episode in 1987, and felt depressed for a few years after.

"At that time, I felt there was little point in life," she said. "The medication they insisted on pumping into me made it difficult to get out of bed. My mind was numb... I just wanted to die. I didn't accept my illness and wasted many years by not properly attending to my treatment. Sometimes I stopped my medication, or



took too much or didn't take enough. I remember standing in the corner of my room in hospital, catching a glance of my

dishevelled reflection in the mirror and feeling shocked."

By 1994, Kath reached a crossroads and became

a Richmond Fellowship Tasmania resident.

"I met and befriended people like myself and became involved in social and recreational activities," she said. "After about six months... I moved into a housing unit, but became unwell again. After several months of stuffing about, I made a life-changing decision. I'd heard about a medication that had been very successful for some patients and I decided to find out about it. Even though the side-effects are potentially severe, I

PEACE: Recovered mental health patient Kath.

decided to give it all the effort I could muster... I started noticing changes straight away."

Kath has since reached many milestones.

"I've been living in my home longer than I've ever stayed in one place since leaving home at the age of 16," she said. "I've re-established my faith and beliefs and have been working in the one job for many years. I also have lots of friends."