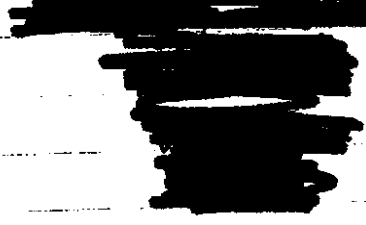


27423



Ms S Panopoulos mp
117 Murphy Street
Wangaratta

Dear Ms Panopoulos,

I understand that the Australian Government has established a Senate Select Committee on mental health. I wish to give a brief outline of my story as I am a sufferer of bipolar disorder.

I first entered the system in 1982 following over 1 year in conflicting work situations at work, at this time the only form of treatment I was given was the medication of lithium. After transferring to a different employment where there was no conflict and two and half years I was taken off lithium with no understanding of the illness at all.

In 1984 was again placed on lithium as my marriage was in great conflict at that time. When my completely collapsed stumbled on a discussion group for manic depressive sufferers as it was known then. The removal of social isolation can not describe by meeting a group of people who had the same illness, problems and wishes.

Similar Questions

This story highlights the need for adequate education and involvement of consumer peer support in that education and involvement in health workforce. When looking at how to provide these services for people like myself who have never been unemployed or entangled with the police, manage and organise their own affairs, these people are in the woodwork often vulnerable and suffer in complete silence.

The wholehearted approach to mental health is also highlighted by my story, that is intervention at the earliest possible time, treatment including medication, Cognitive therapy as well as, attitude, spiritual approach of the consumer to enable them to take their rightful place in society.

your sincerely
~~_____~~