

## IMPORTANCE OF MH SERVICES 4 Y.P. & I GUESS

\* IT IS IMPORTANT TO HAVE SERVICES THAT R SPECIFICALLY FOR Y.P. AS IT GIVES THE OPPORTUNITY 2 RECOVER AMONGST UR PEERS & SHARE SIMILAR EXPERIENCES, EXPERIENCES THAT R RELATED 2 M.H. BUT ALSO STUFF THATS RELATED ESPECIALLY 2 Y.P. LIKE MUSIC, INTERESTS, EXPRESSION & DRESS CODES.

\* THERE IS A STRONG SENSE HERE THAT STAFF TRY 2 UNDERSTAND Y.P. & DO RELATE 2 THEM WELL

\* THERE IS NO AUTHORITARIAN OR DICTATING FEEL HERE AND IN A CRISIS SITUATION THE 1<sup>ST</sup> APPROACH IS 2 DEAL WITH IT GENTLY.

\* THE SERVICE IS FLEXIBLE, OPEN, FRIENDLY, SUPPORTIVE & MOST IMPORTANTLY RESPECTFUL ABOUT Y.P. & THEIR NEEDS

\* I WAS TREATED AS A PERSON HERE, & THERE WAS HOPE THAT MY WHOLE LIFE WAS STILL AHEAD OF ME EVEN THOUGH I HAVE A MENTAL ILLNESS.

\* AS A CLIENT @ OXYGEN I FELT THAT HAVING A M.I IS ONLY A PART OF WHO I AM & IT HASN'T CONSUMED MY PERSONALITY IN THE EYES OF OTHERS.

\* BEING AMONGST PEOPLE MY OWN AGE WHO WERE GOING THRU SIMILAR EXPERIENCES GAVE ME A SENSE OF NORMALITY ABOUT WHAT WAS HAPPENING 2 ME. IT MADE ME FEEL O.K THAT I WAS UNWELL BECAUSE I COULD SEE IT HAPPENS TO OTHER PEOPLE MY OWN AGE ASWELL.

\* THE 1<sup>ST</sup> TIME YOU ARE ADMITTED IS VERY SCARY & DISORIENTATING & IT IS NATURAL 2 FEEL FRUSTRATED, SCARED & ANGRY. I BELIEVE AS A YOUNG PERSON WHO HAS EXPERIENCED THIS, THE PLACE THAT UNDERSTANDS IT THE LEAST IS THE ADULT MENTAL HEALTH SYSTEM.

\* AFTA BEING DISCHARGED FROM OLYGEN I SPENT A SHORT AMOUNT OF TIME AT A ADULT MHSERVICE. THERE I WAS MADE 2 FEEL LIKE I HAD NO FUTURE, MY ILLNESS MEANT THAT I COULD BE IGNORED, BE SPOKEN 2 RUDELY, BE MADE 2 FEEL LIKE I WAS TAKING UP 2 MUCH TIME, & DONT DESERVE ANY PATIENCE OR RESPECT BECAUSE I WAS STRUGGLING WITH LIVING.

\* IT WAS VERY DISCONCERTING BEING ON A WARD WHERE THERE WERE PEOPLE WHO WERE ALOT OLDER THEN ME & WHO HAD BECOME INSTITUTIONALISED. I KINDA THOUGHT 2 MYSELF ... IS THIS WHAT MY LIFES GOING 2 BE ABOUT NOW?

\* STAFF IN THE AMHSYSTEM DEAL WITH PEOPLE WHO HAVE BEEN VERY UNWELL 4 A VERY LONG TIME & IT IS LIKE THEY HAVE GIVEN UP SEEING HOPE IN ANY OF THEIR CLIENTS. I WAS SEEN AS IF I HAD REACHED THE LIMIT OF MY CAPABILITIES & MY LIFE WAS NEVER GOING TO PROGRESS AGAIN. THIS IS NOT A GOOD OUTLOOK 4 A Y.P. EXPERIENCING DIFFICULTIES 4 THE 1ST TIME.

\* BEING YOUNG & HAVING A M.I. ATTACHED 2 YOU DOESN'T MEAN YOU WILL SPEND YOUR REMAINING DAYS ON THIS EARTH IN A PSYCH WARD, DRUGGED UP 2 THE EYEBALLS DOING "MEANINGLESS" THINGS. AND AMHS DEFINATELY AREN'T ~~THE~~ THE PLACE FOR Y.P. 2 BELIEVE THEY STILL <sup>CAN</sup> HAVE A POSITIVE FUTURE. THEY JUST DONT CATER 4 THE NEEDS.