

Sent: Thursday, 8 December 2005 4:21 PM  
To: Committee, Mental Health (SEN)  
Subject: MENTAL HEALTH

Dear Sir/Madam

As a long term sufferer of a chemical imbalance which I am on medication for the rest of my life, I know first hand how inadequate our Mental Health Services are.

I have had this illness since I was a child but was only diagnosed about five years ago. The majority of my life has seen me battling depression and high anxiety with no help in site. Most doctors who are totally unprepared in dealing with this issue have misdiagnosed my illness in the past, with most telling me I was a typical female with no self control. You can imagine my relief when a Doctor finally diagnosed my illness. The relief soon turned to sadness/anger/anxiety when I realised there wasn't much help where I live. After numerous attempts at Suicide I have finally got my life under control. This has been done by me alone as there are no services around to help me. It is lucky I am such a strong person otherwise I would be another statistic to add to your list of mental illnesses.

In this day and age and with all the technology available this illness needs to be addressed urgently and more funding made available in rural areas. Maybe if some of the fat cat pollies took a pay cut we could afford more services.

Yours sincerely