



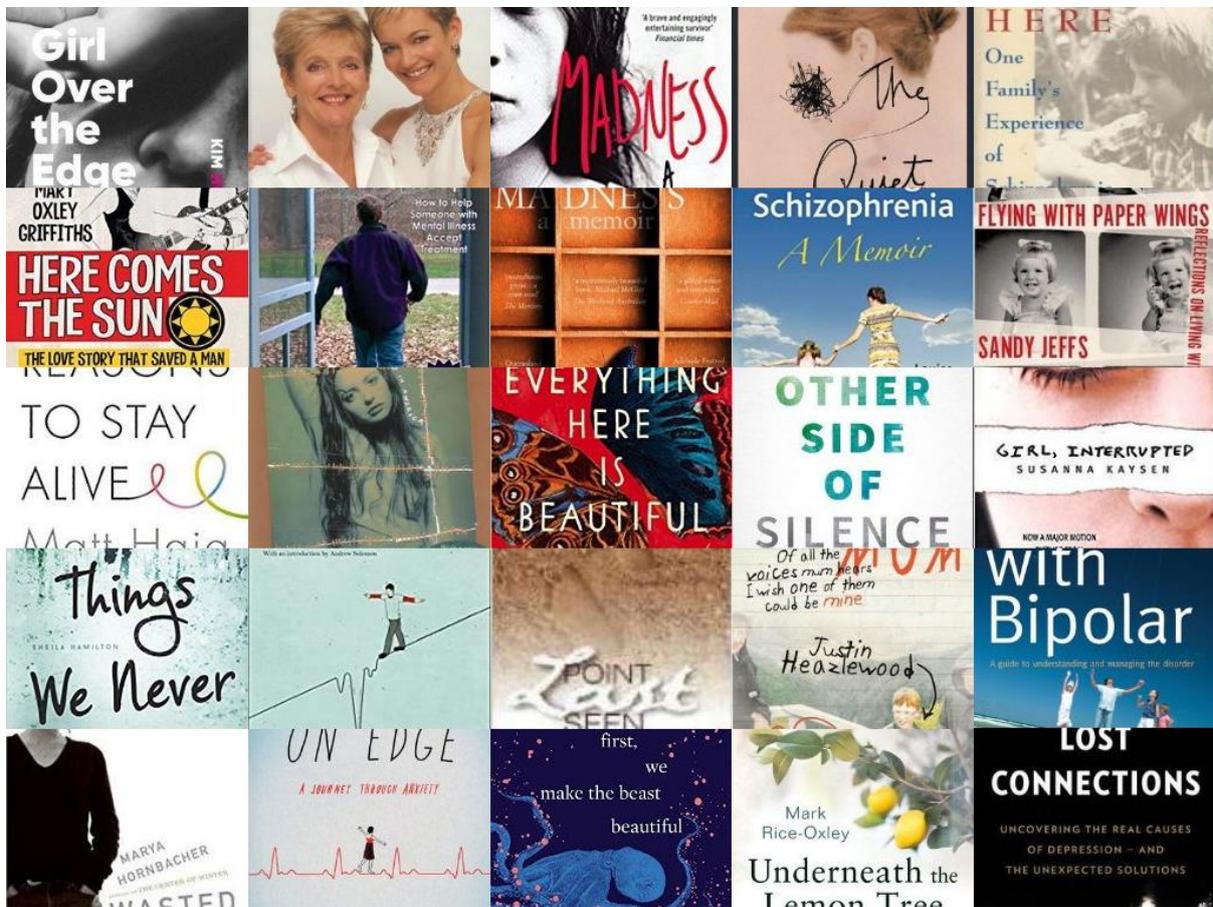
**This resource was created by the Hunter New England  
Mental Health**

**Consumer Participation Unit**

**Creator: Julie Mavay**

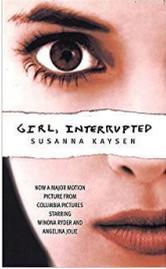
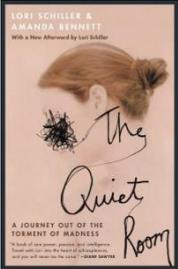
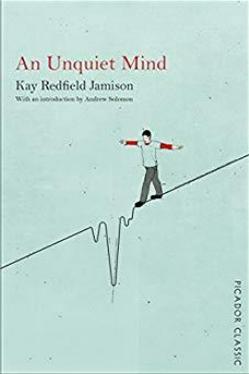
# RESOURCE LIST

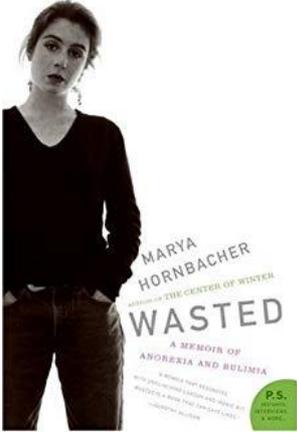
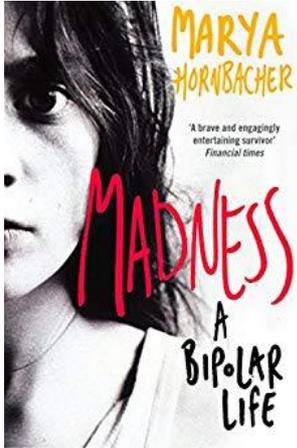
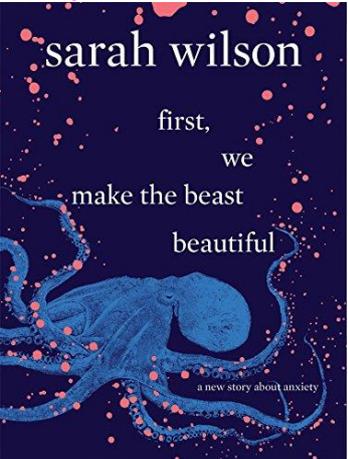
## MENTAL ILLNESS LIVED EXPERIENCE



## Books

The following books are written either by people about their own lived experience with mental illness, or, by carers about their experience of loved ones with mental illness.

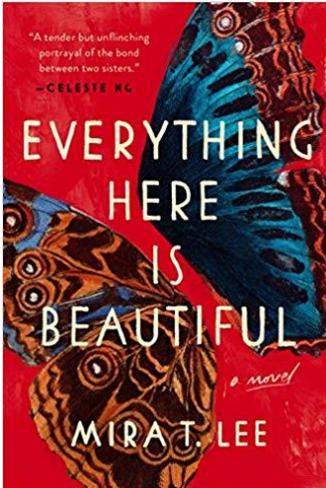
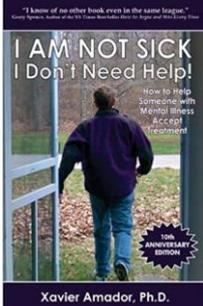
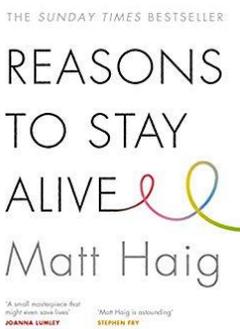
Title	Author(s)	Year
<p><b>Girl, Interrupted</b></p> 	<p>Susanna Kaysen</p> <p>In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary.</p>	<p>1993</p>
<p><b>The Quiet Room: A Journey Out of the Torment of Madness</b></p> 	<p>Lori Schiller &amp; Amanda Bennett</p> <p>At seventeen Lori Schiller was the perfect child—the only daughter of an affluent, close-knit family. Six years later she made her first suicide attempt, then wandered the streets of New York City dressed in ragged clothes, tormenting voices crying out in her mind. Lori Schiller had entered the horrifying world of full-blown schizophrenia. She began an ordeal of hospitalizations, halfway houses, relapses, more suicide attempts, and constant, withering despair. But against all odds, she survived.</p>	<p>1994</p>
<p><b>An Unquiet Mind: A Memoir of Moods and Madness</b></p> 	<p>Kay Redfield Jamison</p> <p>Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication.</p>	<p>1995</p>

Title	Author(s)	Year
<p><b>Wasted: A Memoir of Anorexia and Bulimia</b></p> 	<p>Marya Hornbacher</p>	<p>1997</p>
<p><b>Madness: A Bipolar Life</b></p> 	<p>Marya Hornbacher</p>	<p>2008</p>
<p><b>First, We Make the Beast Beautiful: A New Story About Anxiety</b></p> 	<p>Sarah Wilson</p>	<p>2017</p>

Now reissued with an important, and perhaps controversial, new afterword by the author, *Wasted* is New York Times bestselling author Marya Hornbacher's highly acclaimed memoir that chronicles her battle with anorexia and bulimia. *Wasted* is the memoir of how Marya Hornbacher willingly embraced hunger, drugs, sex, and death--until a particularly horrifying bout with anorexia and bulimia in college forever ended the romance of wasting away. In this updated edition, Hornbacher, an authority in the field of eating disorders, argues that recovery is not only possible, it is necessary. But the journey is not easy or guaranteed. With a different ending to her story that adds a contemporary edge, *Wasted* continues to be timely and relevant.

At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage - where bipolar always beckons - is at the center of this brave and heart-stopping memoir. Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on whether bipolar in children actually exists.

Sarah Wilson has also been an anxiety sufferer her whole life. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. This book will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life.

Title	Author(s)	Year
<p><b>Everything Here Is Beautiful</b></p> 	<p>Mira T. Lee</p>	<p>2018</p>
<p><b>I Am Not Sick, I Don't Need Help! : How to Help Someone with Mental Illness Accept Treatment</b></p> 	<p>Xavier Amador</p>	<p>2000</p>
<p><b>Reasons to Stay Alive</b></p> 	<p>Matt Haig</p>	<p>2015</p>

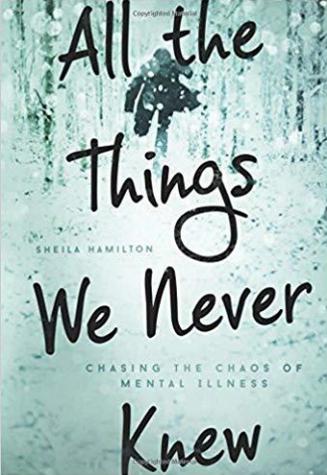
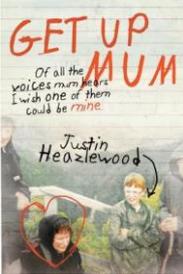
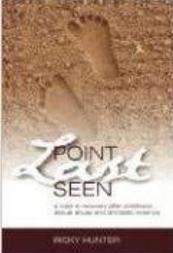
Two sisters-Miranda, the older, responsible one, always her younger sister's protector; Lucia, the headstrong, unpredictable one, whose impulses are huge and, often, life changing. When their mother dies and Lucia starts hearing voices, it is Miranda who must find a way to reach her sister. But Lucia impetuously plows ahead, marrying a big-hearted, older man only to leave him, suddenly, to have a baby with a young Latino immigrant. She moves her new family from the States to Ecuador and back again, but the bitter constant is that she is, in fact, mentally ill. Lucia lives life on a grand scale, until, inevitably, she crashes to earth. Miranda leaves her own self-contained life in Switzerland to rescue her sister again-but only Lucia can decide whether she wants to be saved. The bonds of sisterly devotion stretch across oceans-but what does it take to break them?

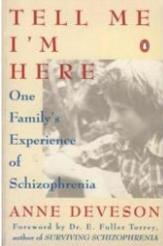
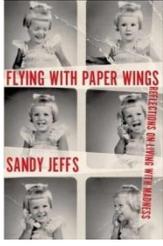
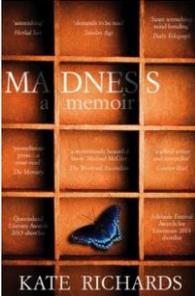
Told in alternating points of view, *Everything Here Is Beautiful* is, at its heart, the story of a young woman's quest to find fulfilment and a life unconstrained by her illness.

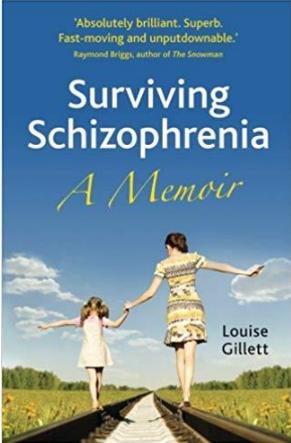
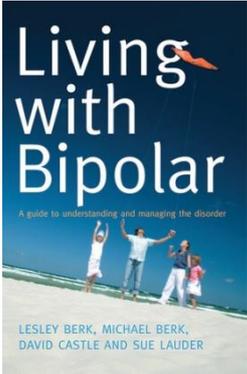
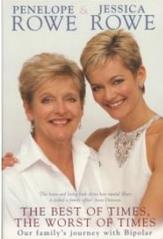
About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness.

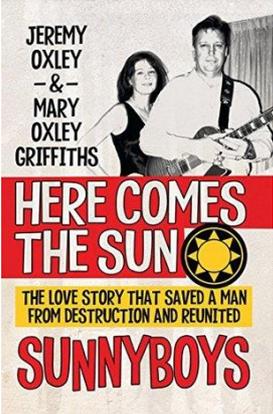
Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again.

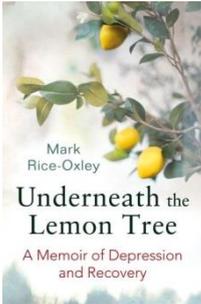
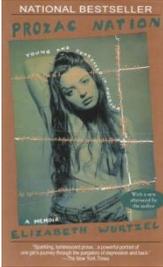
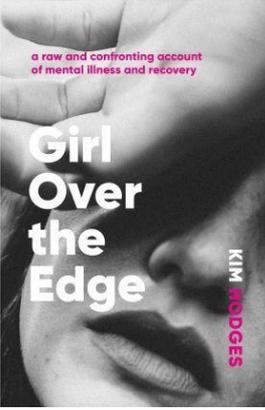
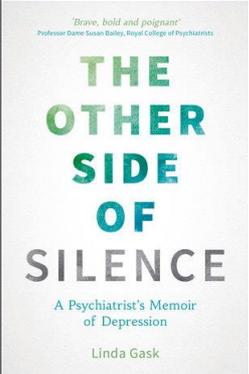
Like nearly one in five people, Matt Haig suffers from depression. *Reasons to Stay Alive* is Matt's inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (and now-wife), Andrea. And eventually, he learned to appreciate life all the more for it.

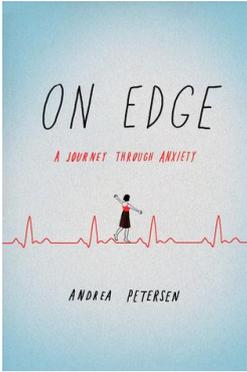
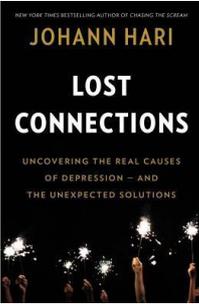
Title	Author(s)	Year
<p><b>All the Things We Never Knew: Chasing the Chaos of Mental Illness</b></p>	<p>Sheila Hamilton</p>	<p>2015</p>
	<p>Even as a reporter, Sheila Hamilton missed the signs as her husband David’s mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant and passionate partner was dead within six weeks of a diagnosis of bipolar disorder, leaving his young daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him.</p> <p><i>All the Things We Never Knew</i> takes readers on a breathtaking journey from David and Sheila’s romance through the last three months of their life together and into the year after his death. It details their unsettling spiral from ordinary life into the world of mental illness, examines the fragile line between reality and madness, and reveals the true power of love and forgiveness.</p>	
<p><b>Get Up Mum</b></p>	<p>Justin Heazlewood</p>	<p>2018</p>
	<p>It’s 1992 in Burnie, Tasmania and 12-year-old Justin lives alone with his mum. When she is well, Mum is perfect. She knows he likes his carrots raw and his toast cooled, and she knows how to sooth his growing pains. But when she is sick she cries uncontrollably and never gets out of bed.</p> <p>High school is on the horizon and Justin is bursting with adolescent energy. But his mum’s mental illness hangs over him like a shadow and he feels the need to grow up fast.</p>	
<p><b>Point Last Seen: A Road to Recovery After Childhood Sexual Abuse and Domestic Violence</b></p>	<p>Ricky Hunter</p>	<p>2008</p>
	<p>An inspirational book for victims of both childhood sexual abuse and domestic violence and their families. Contains a workable 'Project Plan to Empowerment' endorsed by doctors and counsellors.</p>	

Title	Author(s)	Year
<p><b>Tell Me I'm Here: One Family's Experience of Schizophrenia</b></p>	<p>Anne Deveson</p>	<p>1991</p>
	<p>Writer, broadcaster, filmmaker, and a founder of the National Schizophrenia Australia Organization, Anne Deveson writes her own deeply personal story of her teenage son's experience of schizophrenia and a mother's realization of her child's insanity.</p>	
<p><b>Flying with Paper Wings</b></p>	<p>Sandy Jeffs</p>	<p>2009</p>
	<p>Sandy Jeffs grew up in an Australian country town in the 1950s and 60s, domestic violence ripping her family to shreds. As a student in the 1970s she came to terms with her sexuality as part of an alternative family. With the onset of schizophrenia at age 23 Sandy's world fell apart. Flying with Paper Wings offers privileged insights into madness – medical, social, personal – as well as disturbing reflections on its causes and its care.</p>	
<p><b>Innocence Revisited: A Tale in Parts</b></p>	<p>Cathy Kezelman</p>	<p>2009</p>
	<p>Cathy, a successful doctor, becomes too unwell to practice and is forced to face a reality that she had known for some time - she had no memory of 10 years of her childhood. This title tells about the confusion and despair of both the child and the adult as Cathy searches for certainty in a world of shadows and falsehood. It is also a vivid portrayal both of the intricate psychological contortions of a child towards psychic survival and of the mental processes of the adult towards a full life.</p>	
<p><b>Madness: a Memoir</b></p>	<p>Kate Richards</p>	<p>2013</p>
	<p><i>Madness, a memoir</i> is an insight into what it's like to live with psychosis over a period of ten years, in which bouts of acute illness are interspersed with periods of sanity. The world is beautiful and terrifying and sometimes magical. The sanctity of life is at times precious and at times precarious and always fragile. It's a story of learning to manage illness with courage and creativity, of achieving balance and living well. Kate Richards is a trained doctor currently working in medical research.</p>	

Title	Author(s)	Year
<p><b>Surviving Schizophrenia: A Memoir</b></p> 	<p>Louise Gillett</p>	<p>2011</p>
<p>I am an apparently normal happily married mother of four, living the humdrum existence of an ordinary housewife. And I have a diagnosis of schizophrenia, something that I have always felt a deep sense of shame and embarrassment about, and kept hidden for many years.</p> <p>The story starts in a mental hospital, and this is where the author's talent comes into its own - she writes coherently and convincingly about matters that would be hard to comprehend for anybody, not least for a mind that was then in complete turmoil. The author then tells of her privileged and privately educated childhood, and of the dark forces at work behind this seeming idyll - the havoc wrought by the struggle of both her parents with their individual addictions.</p>		
<p><b>Living With Bipolar A guide to understanding and managing the disorder</b></p> 	<p>Lesley Berk, Michael Berk, David J. Castle, Sue Lauder</p>	<p>2008</p>
<p>Analysing an ailment that affects more than half of those suffering from depression, this reference provides practical and comprehensive information about bipolar disorder. Formerly known as manic depression, its mood swings can be extraordinarily disturbing for both the sufferers and those around them. This resource outlines the characteristics of the two main forms—Bipolar I and Bipolar II—their causes and triggers, treatment options, and ways of preventing relapses. With strategies for coping with symptoms and advice for living a healthy lifestyle, this handbook will prove invaluable to those suffering from bipolar disorder as well as their family and friends.</p>		
<p><b>The Best of Times, the Worst of Times: Our Family's Journey with Bipolar</b></p> 	<p>Penelope Rowe and Jessica Rowe</p>	<p>2005</p>
<p>Penelope and Jessica Rowe have something in common, Bipolar disorder. Penelope has lived with it for over forty-five years although she was not diagnosed until her early thirties. Jessica has lived with it all her life - as the eldest child of an ill mother. This is their story about coping with an unpredictable enemy, and the way in which, with the support of family and friends, they managed to get through each day and survive.</p>		

Title	Author(s)	Year
<p><b>Strange Places: A Memoir of Mental Illness</b></p> 	<p>Will Elliott</p>	<p>2009</p>
<p><b>Here Comes the Sun</b></p> 	<p>Jeremy Oxley and Mary Oxley Griffiths</p>	<p>2015</p>
	<p>A darkly humorous, insightful and searingly honest first-hand account of a journey through schizophrenia from a prodigiously talented writer.</p> <p>In 2006 Will Elliott had his first novel the Pilo Family Circus published. It won five literary awards and great acclaim, nationally and internationally. What nobody knew was that the young author of that work of terrifying fantasy had recently recovered from a psychotic episode and been diagnosed as schizophrenic. Strange Places takes us on a journey through psychosis and out the other side, documenting the delusions, the drugs and the insights that recovery brings. A beautifully written memoir of a harrowing - and enlightening - time, from one of Australia's best young writers.</p>	
	<p>Jeremy Oxley was diagnosed with schizophrenia aged 22, at the height of his fame as singer of the popular band Sunnyboys. Terrified and in denial, he tried to hide his diagnosis from family, band mates and friends, who attributed his erratic and sometimes terrifying behaviour to drug and alcohol abuse.</p> <p>Following harrowing experiences with the woeful mental health services of the day, Jeremy took himself off his prescription drugs and self-medicated with alcohol, gradually alienating friends and family alike till he became a hermit living in a small town in New South Wales, shut off from any kind of life or support.</p> <p>A Sunnyboys fan, Mary Griffiths was a nurse who had been widowed for five years with young twin boys. After being shocked to discover how Jeremy was living, she and her sons determined to find him and help him. At their first meeting, Mary was able to see through Jeremy's illness and recognise signs of the sensitive, beautiful and frightened man within. Her boys instantly loved him and he in turn was immediately calm around them.</p> <p>Jeremy's willingness to get well under Mary's guidance was driven by a deep desire to have the things we all mostly take for granted: a loving family, security, and control of his health and life. Slowly, painfully, but together, Jeremy and Mary put everything into reclaiming his life and building a family.</p> <p>That struggle is told here for the first time by Mary and Jeremy, whose distinctive voices trace Jeremy's remarkable journey from darkness to the light, and from the depths of despair to hope and love. It will move and inspire all who read it.</p>	

Title	Author(s)	Year
<p><b>Underneath the Lemon Tree</b></p> 	<p><b>Mark Rice-Oxley</b></p> <p>On paper, things looked good for Mark Rice-Oxley: wife, children, fulfilling job. But then, at his 40th birthday party, his whole world crumbled as he succumbed to depression...</p> <p>Written with lyricism and poignancy, Mark captures the visceral nature of this most debilitating of illnesses with a frightening clarity, while at the same time offering a sympathetic and dispassionate view of what is happening, and perhaps why. This is not a self-help book but a memoir that is brimful of experience, understanding and hope for all those who read it.</p>	2012
<p><b>Prozac Nation</b></p> 	<p><b>Elizabeth Wurtzel</b></p> <p>A harrowing story of breakdowns, suicide attempts, drug therapy, and an eventual journey back to living, this poignant and often hilarious book gives voice to the high incidence of depression among America's youth. A collective cry for help from a generation who have come of age entrenched in the culture of divorce, economic instability, and AIDS, here is the intensely personal story of a young girl full of promise, whose mood swings have risen and fallen like the lines of a sad ballad.</p>	1994
<p><b>Girl Over the Edge</b></p> 	<p><b>Kim Hodges</b></p> <p>When Kim Hodges' psychologist suggests she has depression, she immediately recoils from the idea. She is a mother, a wife, an academic – a functional human being! But it is the only diagnosis that explains the days she can barely lift her heavy limbs out of bed, the sick feeling that moves its way across her body and brain, the isolation, alcohol use, the colour that evaporated and left her world grey.</p> <p>What follows is a five-year journey that involves six lengthy hospital stays, multiple trips to the Emergency Department, innumerable engagements with health professionals, and eventually, the ability for Kim to overcome the denial, shame and stigma she feels about mental illness to begin her road to recovery.</p>	2018
<p><b>The Other Side of Silence: A Psychiatrist's Memoir of Depression</b></p> 	<p><b>Linda Gask</b></p> <p>Having spent her life trying to patch up the souls of others, psychiatrist Linda Gask came to realize that being an expert in depression didn't confer any immunity from it—she had to learn take care of herself, too. This is the story of Linda's journey, interwoven with insights into her patients' diverse experiences of depression -inextricably linked with problems in the past and the present such as vulnerability, fear, loss, loneliness, dependence and grief. She sets out to convey, in a new and original way, how it truly feels to experience this devastating illness, what psychotherapy is about, and the role of medication—and provides hope for those who suffer from depression and their loved ones.</p>	2015

Title	Author(s)	Year
<p><b>On Edge: A Journey Through Anxiety</b></p> 	<p>Andrea Petersen</p>	<p>2017</p>
<p><b>Lost Connections</b></p> 	<p>Johann Hari</p>	<p>2018</p>

A racing heart. Difficulty breathing. Overwhelming dread. Andrea Petersen was first diagnosed with an anxiety disorder at the age of twenty, but she later realized that she had been experiencing panic attacks since childhood. With time her symptoms multiplied. Woven into Petersen’s personal story is a fascinating look at the biology of anxiety and the groundbreaking research that might point the way to new treatments. She compares psychoactive drugs to non-drug treatments, including biofeedback and exposure therapy. And she explores the role that genetics and the environment play in mental illness, visiting top neuroscientists and tracing her family history.

Award-winning journalist Johann Hari suffered from depression since he was a child and started taking anti-depressants when he was a teenager. He was told like his entire generation that his problem was caused by a chemical imbalance in his brain. As an adult, trained in the social sciences, he began to investigate this question and he learned that almost everything we have been told about depression and anxiety is wrong. Across the world, Hari discovered social scientists who were uncovering their real causes and they are mostly not in our brains, but in the way we live today.

## Websites with Book Lists for Further Reading

<https://wayahead.org.au/the-latest-in-australian-memoirs/>

<https://www.readings.com.au/news/memoirs-and-essays-about-depression-and-anxiety>

<https://www.thisismyreality.com.au/lived-experience-books>

<https://readingaustralia.com.au/2015/10/6-books-to-read-this-world-mental-health-day/>

<https://www.harpercollins.com.au/blog/2016/10/14/12-moving-books-mental-illness/>

<https://bookriot.com/2016/05/23/100-best-books-about-mental-illness/>

<https://www.bphope.com/bipolar-buzz/10-must-read-memoirs-from-people-with-bipolar/>

<http://www.bipolarcaregivers.org/resources/books-on-bipolar-disorder/books-by-family-members>

<http://www.mastersinhealthcare.com/blog/2011/the-20-greatest-memoirs-of-mental-illness/>

<http://dramador.com/books/>

## Videos and Podcasts

### **The Voices in My Head | Eleanor Longden | TED 2013**

[https://www.ted.com/talks/eleanor\\_longden\\_the\\_voices\\_in\\_my\\_head/up-next](https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head/up-next)

To all appearances, Eleanor Longden was just like every other student, heading to college full of promise and without a care in the world. That was until the voices in her head started talking. Initially innocuous, these internal narrators became increasingly antagonistic and dictatorial, turning her life into a living nightmare. Diagnosed with schizophrenia, hospitalized, drugged, Longden was discarded by a system that didn't know how to help her. Longden tells the moving tale of her years-long journey back to mental health, and makes the case that it was through learning to listen to her voices that she was able to survive

### **A Tale of Mental Illness – From the Inside | Elyn Saks | TEDGlobal 2012**

[https://www.ted.com/talks/elyn\\_saks\\_seeing\\_mental\\_illness](https://www.ted.com/talks/elyn_saks_seeing_mental_illness)

"Is it okay if I totally trash your office?" It's a question Elyn Saks once asked her doctor, and it wasn't a joke. A legal scholar, in 2007 Saks came forward with her own story of schizophrenia, controlled by drugs and therapy but ever-present. In this powerful talk, she asks us to see people with mental illness clearly, honestly and compassionately.

### **Depression doesn't have to be a shameful secret | Gill Hayes | TEDxExeter**

<https://www.youtube.com/watch?v=MioVX7qKQ24>

Four years after her own suicide attempt, Gill Hayes aims to bring hope to others by sharing her story of recovery from severe depression. In this powerful and deeply personal talk, she challenges the stigma surrounding mental illness and explains how we can all help to save lives by understanding depression.

### **Lived experience: An interview with Elizabeth | Vinnies NSW**

<https://www.youtube.com/watch?v=En1hTm1xEmk>

In this interview Elizabeth shares her story, with the help of Ability Links, to raise awareness of Schizophrenia and other mental health conditions. "Awareness is the key to recovery" says Elizabeth.

**Hearing Voices : an Insiders Guide to Auditory Hallucinations | Debra Lampshire | TEDxTauranga**

<https://www.youtube.com/watch?v=NjL2dqONlqQ>

Debra's story of living with voices is a journey into the soul. Describing her experiences, we start to understand, and are able to better support those human beings living with loud heads. Debra is project manager for the Psychological Interventions for Enduring Mental Illness Project at the Auckland District Health Board (ADHB). In this unique and innovative position Debra works in the clinical setting leading the development of psychological strategies for positive symptoms of psychosis and the first non-clinician to do so. She is also a senior tutor with the Centre for Mental Health Research and Policy Development at the University of Auckland.

**Living With Schizophrenia | The LEAP Institute**

<https://www.youtube.com/watch?v=48YJMOcykvc>

This uplifting 22 minute video shows interviews with patients living with schizophrenia, and mental health professionals who treat them. It shows how people diagnosed with schizophrenia can live normal lives.

## Videos and Podcasts (cont.)

### **I'm Not Sick, I Don't Need Help! | Dr. Xavier Amador | TEDxOrientHarbor**

<https://www.youtube.com/watch?v=NXxytf6kfPM>

While studying to become a clinical psychologist, Dr. Xavier Amador had a life-altering experience when his older brother was diagnosed with schizophrenia. In an effort to understand and help his brother, he and his colleagues at Columbia University uncovered a new way to approach patients previously thought to be in denial.

### **I Am Not A Monster: Schizophrenia | Cecilia McGough | TEDxPSU**

<https://www.youtube.com/watch?v=xbagFzcyNiM>

Cecilia McGough is an astronomer, activist, and writer as a Penn State Schreyer Honors College scholar pursuing a major in Astronomy & Astrophysics. Cecilia McGough puts a face to schizophrenia and helps empower college students through the upcoming non-profit Students With Schizophrenia.

### **"I'm Fine" - Learning To Live With Depression | Jake Tyler | TEDxBrighton**

<https://www.youtube.com/watch?v=IDPDEKtd2yM>

Jake is 31 and lives with Depression. Last year Jake embarked on a journey to manage his mental health in a new way, through exercise, sharing and the great outdoors. Jake has now walked over 2000 miles around the UK, vlogging his experiences with thousands of online followers as he goes and attracting the attention of both the BBC and the Royal Family. In this talk, Jake shares his insights into living with depression and how connecting to and opening up to a wide online community has affected his relationship with depression.

### **How to get stuff done when you are depressed | Jessica Gimeno | TEDxPilsenWomen**

<https://www.youtube.com/watch?v=njESIZa2b10>

Jessica Gimeno lives with bipolar disorder and wants to expand the discourse around mental health. It's not enough to just receive a diagnosis, she says, people have to learn to live with depression and other mental health issues. In her talk, she shares the techniques she's learned to help her get stuff done while depressed.

## Videos and Podcasts (cont.)

### **Living With High Functioning Anxiety | Jordan Raskopoulos | TEDxSydney**

[https://www.youtube.com/watch?v=JUedQ0\\_EGQ0](https://www.youtube.com/watch?v=JUedQ0_EGQ0)

As a comedian and performer, Jordan Raskopolous does not suffer from stage fright, but away from the lights it's a different story. In this compelling and funny talk, she shares her insights into what it is like to live with high functioning anxiety and how people like her can be perceived - to be both shy and loud at the same time.

### **Sherpas | Climbing the Mountain of Bi-Polar | Debbie Foster | TEDxCrestmoorParkWomen**

<https://www.youtube.com/watch?v=YnihCgrsz3s>

In this powerful and moving personal story of depression and mania, Debbie Foster shows us what it's like living with bi-polar. Navigating depression, unable to access her creative mind leaves her feeling helpless as she travels through periods of devastating lifelessness and extreme euphoria.

### **TEDxTerryTalks - Laura Bain - Living with Bipolar Type II**

<https://www.youtube.com/watch?v=8Ki9dgG3P5M>

Laura Bain speaks about living with Bipolar Type II Disorder, the trials and tribulations, but also how it informs her vibrant character and wonderful sense of identity.

### **Surviving anxiety: Solome Tibebu at TEDxTC**

<https://www.youtube.com/watch?v=8PcdRyB8YJY>

Solome Tibebu founded Anxiety In Teens, a mental health help site for youth, as an anxious 16-year-old in 2006. Since then, Tibebu has grown the organization to reach isolated youth with anxiety, inform and educate affected teens and their friends and families, as well as inspire recovery and awareness.

### **WHAT DEPRESSION FEELS LIKE | Stevie Miller**

<https://www.youtube.com/watch?v=1RmrT-i1N2c>

Also diagnosed with bipolar and borderline personality disorder, Stevie Miller discusses what depression feels like for her.

## Videos and Podcasts (cont.)

### **Kristen's battle with anorexia | Mojo TV**

<https://www.youtube.com/watch?v=1SsgFbHfJTc>

Created by Monash University's journalism students, Mojo TV reporter Alisha Pawa met a teenage anorexia survivor and her mother who wanted to tell her story.

### **You Can't Ask That | Series 3 | Eating Disorders | ABC**

<https://iview.abc.net.au/show/you-cant-ask-that/series/3/video/LE1717H004S00>

With almost a million Australians currently living with an Eating Disorder, this is a subject that affects many but is still largely misunderstood, this episode of You Can't Ask That puts a human face to eating disorders.

### **Where is the Sunshine? My Journey as a Mental Health Survivor | Jeanine Hoff | TEDxJacksonville**

<https://www.youtube.com/watch?v=37nPbMq5QY0>

Jeanine Hoff will share her own story of how mental illness ravaged her life, and how she found the strength to survive by helping others with mental health problems find positive support and community connections.

### **We need to talk about Mental Health | Marnie Johnston**

<https://www.youtube.com/watch?v=U-xsbxDEIys>

I share some of my story and talk about what you can do if you or someone you love is struggling.

### **A Day in the Life With Depression | The Mighty**

<https://www.youtube.com/watch?v=9f5IDpMo8Hs&t=0s&list=PLxsntPEQcqIKqPQzLpQiTaBKgnzt3a3ww&index=5>

This is what it can be like in the mind of someone with depression. But there is hope.

## Videos and Podcasts (cont.)

### **From Mental Illness To Mental Wellness A Story Of Hope And Recovery**

<http://ibpf.org/mental-illness-mental-wellness-story-hope-and-recovery>

In this webinar (approx. 1 hour), Dr. Jennifer Bahr, ND shares her story of personal transformation from early struggles leading to a diagnosis of bipolar disorder to living mentally well. Dr. Bahr provides a unique perspective that is rarely found in this field as both a patient and a provider with experience in both the conventional and natural fields of medicine. Through sharing of her lived experience she provides hope to those recently diagnosed or struggling for recovery that you can live very well with bipolar disorder. The focus will be on her story, but will include some information on general natural therapies that can be employed to get better results from any treatment method used.

## Websites with a range of Short Videos

<https://mieact.org.au/digital-stories/>

A series of short videos from people with lived experience

<http://mentalhealthchannel.tv/series>

A series of short videos from people with lived experience

<https://nswmentalhealthcommission.com.au/lived-experience/videos>

A series of short videos from carers

[https://www.youtube.com/channel/UCKQaSdgFK01UyVdv6-Up1mg/playlists?disable\\_polymer=1](https://www.youtube.com/channel/UCKQaSdgFK01UyVdv6-Up1mg/playlists?disable_polymer=1)

The Mighty connects people through honest stories about personal experiences with special needs, mental health and other conditions

## Websites with Short Articles of Personal Stories

<https://thebutterflyfoundation.org.au/understand-eating-disorders/share-your-story/stories/>

<https://www.sane.org/people-like-us>

<https://www.beyondblue.org.au/connect-with-others/personal-stories>

<https://www.blackdoginstitute.org.au/about-us/publications-and-resources/personal-stories>

<https://themighty.com/topic/mental-health/>

<https://www.healthyplace.com/blogs>

<https://www.time-to-change.org.uk/personal-stories>

<http://www.hcsw.org.au/news.php/21/jennys-story-mental-illness-my-lived-experience>

<http://www.mentalhealthcommission.gov.au/our-reports/our-national-report-cards/2016-report/personal-stories.aspx>

<https://www.qmhc.qld.gov.au/media-events/news/a-story-of-personal-experience-and-recovery>