

Living in a Grey World



- **I have been living with a mental illness since my early teens; I live with Bipolar Disorder.**
- Do you understand? Not many do!
- After several 'wild' years of experiencing mania, I was hospitalized and diagnosed at 17 years old. Recovering after hospital was a difficult and lonely time.
- **Using drugs and alcohol** is a dangerous combination with my mental illness.
- **Bipolar made relationships difficult.** I lost friends and family along the way. I missed out on education.
- **What helps me:**
 - Medication: helps control mania, but sedates me as well
 - Exercise
 - Friends and Family
 - Support groups – 'Outlook'
 - Study & work
- **I'm on the right track now & I've made lots of changes –** casual work, volunteer work, TAFE, social life, reduced medication