



# Speaking from Experience

## *Depression*

### **Transcript for chapter 2 of 11: Breaking down**

**Richard** - A couple of years ago, I became very ill. It was quite obvious that it was a big problem. And it was obvious that it wasn't any of the things that I thought it might have been before, like stress, or being over-worked.

**Wendy** - If I was going to holidays or anything, I would have panic attacks and go into fits of screaming, because I was so scared that people would find out I'd done my work wrong or something, while I was away on holidays. Then I started thinking that it shouldn't be like this. This is crazy. So, I started trying to seek some answers. And that was really hard because I was incredibly sick, it's hard to describe how sick I was.

**Helen** - The first time something went quite seriously wrong, I experienced that as a failure on my own part. I didn't realise that I was ill.

**Scott and Carole** - I was first aware there was a problem when I was in late high school, about 17 or 18 years old. I started to get these curious problems with my thinking. I couldn't think straight, I was confused. My memory was becoming quite bad for a few days on end. I didn't know what was going on at that stage and I just tried to live with it.

**Helen** - The anxiety would become more and more intense, until it became compulsive behaviour.

**Matt** - It wasn't until more recently that I discovered that it was taking over my life, and that I needed to approach someone about it.

**Helen** - I would just realise, after hours and hours, that I'd been doing something meaningless and repetitive. I would think, 'how could you waste your time like this?'

**Richard** - The daughter of a close friend of mine died. That wasn't the cause, but it was the trigger, if that makes sense.

**Helen** - Then things started to happen in my family with the children that I subsequently had, that were terrible. I think they then compounded what had been a problem for a long time.