

Vignette Six

And then there's the boundary issues of being a service user and a community support worker. I guess if there are any issues for me, I think the thing I'm really proud of is that I've done the training. The training has put theory to my experiences and through that I've gained a lot more insight into myself (*well done!*) and my episodes have lessened. And I haven't been unwell for about three years now, and that's the longest time in my life that I've been well. It's good, it's a real achievement for me, gaining that insight, learning more about myself, why I react the way I do, about brain chemistry and about the medication. I think about five years ago I came to a realization that if I don't take my medicine I'm going to get unwell and that's a long journey, a very long journey and I know that there's a lot of people, service users, who still go through that phase. Go, I'm well now, I don't need my medication, or, I'm unwell, it's not working, I'm not going to take it. So, with my personal experience I believe I'm able to work with other service users and share my experiences with them.