

Vignette three

After I had my daughter, I was diagnosed with bi-polar disorder and I was also diagnosed with post-natal depression and I went along to the hospital and met a Dr there who was amazing and through her I hooked up with a needs assessment paramedic and they came out and interviewed me and then I waited a little while and ended up getting support from my CSW. At the time, because I had just been diagnosed with bi-polar and it was a big shock and was having a bit of a hard time accepting it, and also my doctor hooked me up with the bi-polar research study which is really good. It's for women between the ages of 25 and 35 with bi-polar disorder and basically they look at medications and play around with medications until they get the right one and look at two types of therapies, I think one is more of a support, talk-type therapy and the other's the strategies. I did the talk therapy and that was for eighteen months. It was the service that really made a difference, that turned my whole attitude around and my life around, without sounding too dramatic, it was the community support work. ...such a contrast to the perspectives that I experienced with say, psych emergency, psychiatrists, they were very dry and quite a different kind, came from a different angle. Before everyone had treated me like a bit of an invalid which seemed to feed into my own idea of myself as being quite helpless, but ..., because they were focusing on strength, it allowed me to see things from a new perspective. I had a good connection with my CSW, she shared some things of her own with me and I thought if she can do it thenyou know. It created a dynamic between of us of trust, transparency, and there were professional boundaries there which I was aware of and I needed those as well, because I needed to realize that my CSW was there as my support person, not as necessarily a friendship type of thing.