

Transcript

My name's Jayceta, I'm 18. I live in the Youth Accommodation Program and I'm studying a Cert IV in Youth Work. I grew up in a fairly dysfunction kind of family environment. I had issues with understanding what was going on and that meant like I had this depression and, from an early age and I didn't really know how to handle my mental health. And I left when I was 14 and then I couldn't find anywhere to go. I was sleeping on the streets, I was sleeping down at the beach, I was sleeping at libraries and stuff like that and it got to the point where I wasn't going to school and the school started questioning things so I had to go back to my nan. Things started to get better cause I got my own job and I was paying for everything myself.

But I still was struggling heavily with depression. I would just turn up to class and just sit by myself and just cry every single; yeah every single class I sat by myself and cried. I even wrote, I was in Grade 11 and I was in one of my classes, history and I had to turn up for an exam and I was in a really bad head space and I even wrote on my exam that I'm going to kill myself. And it was pretty obvious that I was, there was something wrong like I was turning up to school crying every day. I was taking pills in class, I was drinking at school. It was pretty obvious, you could smell it on me like these things were obvious but nobody picked it up.

And I could tell that they didn't know what to do about it either. Like they teach teachers to spot for abuse but not mental abuse. And when I was 17, Grade 12 high school I got diagnosed with an eating disorder and I had to be hospitalised for the whole month. So when I got out of the hospital I was lucky enough to still be able to graduate with special exemptions cause I was very lucky that the school understood and it wasn't until I was in the hospital and the doctors were calling and be like hey she's actually in the hospital that they realised.

That was probably the hardest thing I've had to deal with was the eating disorder cause I was passing out, my heart was failing like there was no social workers there which it blew my mind because, yeah it blew my mind because there should be that support at the hospital. There should be a social worker there cause a lot of the time people with mental illness are drug related because there was a lot of drug related patients there, you know people in psychosis and stuff need that you know kind of support to help when they leave. When you have mental health issues, you're very fragile and vulnerable and you don't want someone to take advantage of that or to not understand, like you want someone that will be considerate and understand what you're going through and not just be like oh well in, when I was training it said to do this like, also to be more flexible to maybe let the rules be bent.

Youth workers and social workers should be able to break some rules and not get fired for it, you know as long as it's in the best interest of the client. So yeah especially when you're dealing with mental health issues, drug and alcohol issues, you know for me personally like I know if I had youth workers and social workers that were strictly by the book I would probably not be in a good head space right now. I am very grateful for that, you know there was like a youth worker that I could go have a smoke with and just chill out with, you know those are the things that you're not meant to do but they were done and it made me feel comfortable, it made me feel I could relate to them a lot better. It made me feel like I wasn't such a bad person.