



Re-Release of “In My Own Words” from Mental Health Week 2007

Stories about people living with a mental illness.

‘In My Own Words’ is the experience of four people living with mental illness, told through the medium of digital story telling. Each of the participants shares unique and very personal stories that delve into the heart of living with a mental illness.

These stories are revealing, emotional and inspirational.

My Brain Thinks

Duration: 5 minutes 17 seconds

Kylie tells her story of Bipolar Disorder through a cycle of stages - stability, depression, mania, psychosis and back to stability. She recounts her experiences through an amazing sense of honesty and openness. Kylie’s narrative is driven by her own poetry and is quite literally - in her own words.



The Songs of Bernadette

Duration: 4 minutes 55 seconds

Bernadette tells a raw edged story of her battle with drugs, depression and a return to normality after the birth of her daughter Piper Lily. From a childhood dreaming of dancing and performing fame to the spirals of drugs and crime, her message of developing strategies for well being is especially poignant.



Schism

Duration: 7 minutes 48 seconds

Nicki details two psychotic episodes that enabled her to reassess her life and make changes that led to a new sense of self esteem and wellness. Nicki’s story is told in great detail and entirely through text, still images and her own narration. Nicki’s account of her psychosis is an incredible eye opener.



My Song

Duration: 4 minutes 13 seconds

Nick sings a powerful story about living with Schizophrenia. Using old family footage from his childhood mixed with studio and location material, he delivers an emotion charged music film clip.



Available now from the MHCSA

Each disc is a double pack which includes the In My Own Words disc & CD Rom of Well Ways information fact sheets about mental health.

Packs are available for \$5 each. For orders of 20 and more the packs are \$4 each.

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