

Zombie Zombie Zombie ...

Got No Feeling



KNOW one thing - that there is a higher spirit that watches over you.

Remember, that when you go through hard times, seek help. Ward I prisoner, unable to get outside. Needles, medication and sleep. There are alternative therapies one can get into.

I led a life of wandering, moving around, not having a place to stay that I can call home. No family would help me out, not provide a place to stay. MM Kamara let me stay at her place. My sister wouldn't allow me to stay at her place.

People would say, "You're mad, mad for the rest of your life." I used to wait at home for my sister Rachel to come and pick me up, take me out bush for a picnic. Rachel never came. What a big disappointment.

I would live a life of 'anyhow'. I never looked after myself. I got introduced to the casino. I would get an adrenalin rush ... walk to town, be at the bank 9:30am and get all the money out. Catch a taxi, be at the casino by 10am. Spend the whole day there. Stay there until I "dropped"—no money left, no food in the fridge. I'd spend the time at Northside Foodland and bludge money—I'd tell people for tucker. NOT REALLY ... but to gamble again.

My house was a rubbish dump for about five years. I smoke two packets of 25 cigarettes a day. Everyone having a mental illness smokes – overboard. When I didn't have any smokes, I'd go to neighborhood and bludge cigarettes.

LIFE—by yourself, in isolation. Nobody wanted to know you. One accepts life like that. Biggest lesson I learnt was to be NON JUDGEMENTAL.

Having schizophrenia was only listening to internal voices. I wasn't a violent person—I did not harm myself.

2005 was my year of recovery. The voices left me. My life now is better ... happier, I don't suffer from stress. I love communication with people, especially kids and old people. No one takes notice of them. I am currently looking for a full-time job. I want to go back to Charles Darwin University to do Small Business Management—I have already done some modules. Also want to study horticulture and about youth, as they are the leaders of the future.

While I had schizophrenia I did training in Certificate IV in Workplace Training and Assessment, Family Wellbeing and Facilitator Research training, Small Business Management, Mental Health First Aid, and mentoring at the Tangetyere Job Shop. You can do anything, you can still learn.

In conclusion, one gets better ... just takes time. Seek help from people you trust. Don't hold onto emotional pain. You can write about your feelings, paint, and write poetry. EXPRESS YOURSELF - both the negative and positive, and experience life. Read books on what you are interested in. Music is good therapy. You never stop learning. No matter what age you are, there is HOPE.

Eva Briscoe