

# On the Same Wavelength: Teaser

**Elise:** It's estimated that around 800,000 Australians experience recurring, persistent or complex mental health issues.

**Evan:** I was diagnosed with schizophrenia...

**Jeanette:** Suicidal ideation...

**Dov:** Bipolar disorder...

**Holly:** Anorexia...

**Shazi:** Dissociative identity disorder.

**Elise:** Unfortunately, many of these Australians still experience stigma and discrimination. But what does stigma look like in real life? How does it affect people?

**Jeanette:** You felt like you were different.

**Evan:** 'Keep away from him, he could be dangerous'.

**Sandy:** I'm not a monster.

**Holly:** They don't necessarily realize that lived experience is a strength.

**Elise:** On the Same Wavelength is a collaboration between the University of Melbourne School of Psychological Sciences, and SANE, Australia's leading national mental health organisation for people with complex mental health needs.

Each episode you'll hear from a peer ambassador, a person with lived experience of complex mental health. They speak candidly about stigma they've faced and how we can improve things, in their own language.

**Dov:** I just want to use those experiences to try and ensure they don't happen to other people.

**Elise:** I hope you get something out of these stories.