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Peer Group Chat

Date: 02/03/23

Title: Finding the Right Support For You

Description: It's important to find mental health care that takes into account your needs in order for you to get support that is the most beneficial and supportive for you. Based upon lived experience, in this discussion we will talk together about navigating the mental health care system to find professionals and modalities that work well with you.

Amber22 (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Finding the Right Support For You.
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	<p>Tonight, Peer Support Workers @Amber22 and @TideisTurning will be facilitating a discussion around the topic of Finding the Right Support For You. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is really important to make sure we are getting the right support for us.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about getting support from others.</p> <p>@Tyme, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @Tyme. We're looking forward to creating a space where we can reflect and learn more together about Finding the Right Support For You.</p>
Amber22 (PSW)	
TideisTurning (PSW)	Hi @Captain24! Great to have you here with us :)
Captain24	Hi!
	<p>Within this group tonight we'll be talking about:</p> <ul style="list-style-type: none">The different informal and formal support availableThe right qualities of support for youWhat to consider when reaching out for support
Amber22 (PSW)	
Amber22 (PSW)	Hey @Captain24 ! Yay so glad you've joined us tonight
Captain24	Hey @Amber22 (PSW) I forgot to say thanks
tyme (PSW/ Moderator)	Hi @Captain24
Amber22 (PSW)	Of course! <3 @Captain24
Captain24	Hi @tyme (PSW/ Moderator)
Amber22 (PSW)	We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join
Amber22 (PSW)	Welcome! @sammy3

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TideisTurning (PSW)	Hi there @sammy3 :)
sammy3	Hello!
Amber22 (PSW)	Welcome everyone! Feel free to introduce yourselves. I'm @Amber22
sammy3	I'm joining on my mobile from outdoors today
Amber22 (PSW)	Ooo very nice! Is it nice weather where you are? @sammy3
sammy3	It's very nice here @amber22 - overcast about 22 deg
Amber22 (PSW)	Welcome! @Jacques :)
Jacques	hello ladies, gentlemen and gender neutral peoples :)
TideisTurning (PSW)	Welcome @Jacques! Good to see you :)
Amber22 (PSW)	Let's start with our first question!
Amber22 (PSW)	Q1: What care and support, formal or informal, are you currently receiving?
Amber22 (PSW)	Hey! @bobbie :)
sammy3	GP, psych, external organisations are some of the formal supporters
TideisTurning (PSW)	Hi @bobbie! Great to have you with us :)
Captain24	I have a CM, psychiatrist, therapist and transitioning to a new GP. Possibly a psychologist after next week. And of course Sane
Jacques	for me a random doctor once every 6 months for meds renewal. I have panic attacks when doctors ask too many questions, so I go to a different doctor each time so they don't try to force me into treatment. I have also learned what I can say and can't on the mental health assessment for them to not get too worried.
bobbie	hi everyone
Jacques	hi @bobbie
TideisTurning (PSW)	I have loved ones like friends and family around me and a team of support professionals as well, including physical therapists, mental health professionals and doctors.

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bobbie	I have a GP, a psychologist, the various helplines, and this group chat helps too. I have a few close friends but sometimes they are tied up with their own families. That can be hard for me. I cannot rely on my family for emotional support. I need distance from them.
TideisTurning (PSW)	It can be hard one our loved ones are busy or not people we can necessarily go to for support @bobbie
Amber22 (PSW)	It's great to know that we all have some sort of support in one way or another :)
Captain24	I get the family thing @bobbie .
Amber22 (PSW)	Q2: What has the journey looked like to get where you are today and would you like more supports or different support to what you have now?
tyme (PSW/ Moderator)	Mine has been rocky, but totally incredibly worth it!!!!
bobbie	In one word, long. 7 psychologists, 2 GPs, 1 hospital assessment, 1 hospital stay, hours of therapy, 1 anxiety workshop, 2 different medications in various doses, nearly 20 years in total.
Captain24	My journey has been an exhausting roller coaster with far too many lows.
TideisTurning (PSW)	Ooft. I feel you @Captain24! Metaphorical rollercoasters of many kinds can be absolutely exhausting!
bobbie	I hear ya @Captain24
Jacques	I have had very bad experiences in the past with mental health professionals. being told I am faking my depression and anxiety "for the dole" being told to just get over the abuse and move on is not helpful either. the pure cost of mental health help is the biggest barrier for me, \$300 per 15 min session to have a chat I just can't justify. not when I know chatting will not help. I guess for me the best help I did get is counselling, I had a lady come to the house once a month and talk to me, she stopped though when I was unable to go out of the house. I have no friends to talk to, I have no family to talk to either. I'm really on my own with it. I don't know what supports would help me at this stage.
Amber22 (PSW)	Oh wow, I am sorry that your journey has been so challenging, you should never have to feel invalidated like that @Jacques Thank you for sharing <3

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TideisTurning (PSW)	With my support professionals for example, it's taken me a long while to assemble the team I now have who are effective and work well together with me. At times it was frustrating still trying to find that 'right fit', but I did get there in the end, with a little patience and persistence.
Amber22 (PSW)	Welcome! @chibam
Jacques	I hope it was ok to share my experience @Amber22 (PSW) that was with a public health system in NSW. I only went the once. I could not go back.
bobbie	That's very rough @Jacques, it's tough in NSW
Amber22 (PSW)	Your experiences are always welcome, thank you for sharing @Jacques
chibam	Hi @Amber22 (PSW) ! Hi all! :)
Jacques	hi @chibam
chibam	Playing fast catchup...
TideisTurning (PSW)	Hi @chibam! Welcome. We're talking about what support we might like to have and if it's different to what you have now :)
Jacques	yes @bobbie rural health is really bad in NSW, not enough staff. especially in remote areas. I guess there is a really big gap between services in the city and rural areas.
chibam	Q2: I've told the story of my journey many a time. Basically, help sought; no help given. I would love better supports then what is currently available!
bobbie	I would like a place I truly belong, probably a supportive and stimulating workplace. I would like to keep discovering chosen family members who understand my mental health issues and won't be invalidating or say the wrong things
sammy3	In terms of informal support, I have sort of moved on from people that I used to find friendship with or feel comfortable around (because they are busy!) but I still 'know' them, and created my own team of supporters - so more consciously associating people now.. I don't have childlike banter with these people as I used to with high school friends for example but I like my new team too
chibam	@bobbie Here here! I can relate to that immensely!
Amber22 (PSW)	Q3: How do you go about finding out what support options there are out there for you?

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Jacques	I feel so envious of people who have support of family and friends @bobbie when I had friends 20 years ago they always made fun of me for not being able to be away from home.
TideisTurning (PSW)	I will hold hope for you to find that connection, community & supportive and safe space where you can belong and be you @bobbie :)
bobbie	@chibam
sammy3	Q3) online research and €œ friends of friends
sammy3	(By friend I mean supporter in this context)
Jacques	Q3: speaking to my doctor the last time, video mental health care is the only option where I live. I feel for people who really need the help I don't know how they get the help they need. I'm lucky I can isolate and manage my mental health, I don't need to leave the house.
bobbie	@Jacques rural support %\$)*! the toughest. Those were not friends anyway, I'm sorry they hurt you
chibam	Q3: I generally keep abreast of the outcomes of major govt. inquiries, or new policy announcements, to see if there's any suggestion of the necessary support systems being created. But I've largely given up on getting anything meaningful out of such announcements, because their riddled with nonsensical jargon that nobody can translate into clear layman's terms. "Psychosocial support"? "Person-based care"? "Trauma-based care"? "Missing middle support"? Why can't they just say in plain English what these new therapists are actually going to do for their patients?
bobbie	@TideisTurning (PSW) thank you
TideisTurning (PSW)	This is a tricky one! Sometimes, I research, or I've asked people. A handy tip with psychologists and counsellors in particular is looking a bit into modalities- that is the kind of approach they take to therapy- and seeing if there's one that you feel resonates or would be helpful for you that you'd like to try. Often, the bios of individual psychologists/ counsellors will have the modalities they practice listed, so you can potentially narrow it down that way when searching and deciding, although availability is another maze to try to navigate altogether!
sammy3	What's an example of a modality?

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chibam	@Jacques That bit about your friends making fun of you... same here. That statement was eerily familiar to me.
TideisTurning (PSW)	@sammy3, that is a great question! With a psychologist or counsellor, it might be something like CBT (Cognitive Behaviour Therapy) or ACT (Acceptance & Commitment Therapy) for example. There's a lot out there though!
chibam	@sammy3 Thank you! There's yet another jargon word to confuse everything. "Modality"... Sounds like the name of a rap singer.
sammy3	Lolz @chibam
Jacques	I believe the biggest problem with mental health care is a lot of the professionals, care teams, etc have never experienced mental health issues so they can't really understand what it is like. it is like single people giving marriage advice.
sammy3	Thanks!! @TideisTurning (PSW)
Amber22 (PSW)	Haha! @chibam
Jacques	yeah it really hurts @chibam that is why I walked away from everyone I know, I figured I was better off on my own, for 23 years not I have not been hurt so I guess it is working for me.
TideisTurning (PSW)	That makes a lot of sense @Jacques. A lived/living experience can facilitate a whole other level of understanding
Amber22 (PSW)	Q4: What are some of the qualities of good supports, formal or informal, who you've found effective?
bobbie	@Jacques also, general life experience and the amount of training/study they do matters. Also, some just aren't empathic/nice people
chibam	@Jacques Yeah, same here. Being released by the bullies-pretending-to-be-friends was a vast improvement, and I've never looked back. I just wish it didn't come with the complete loss of any opportunities to meet new, good people.
Jacques	yes I understand @chibam it comes at a huge social cost.
Amber22 (PSW)	Yay! Hi @Shaz51
chibam	Q4: Haven't found any yet. They don't exist.

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TideisTurning (PSW)	Hi @Shaz51! Great to have you here :)
Jacques	hi @Shaz51 my beautiful friend
Captain24	Listening and being heard. Being able to reach out to them in time of need
Amber22 (PSW)	@chibam I hope that you find them soon, I am sure that they are out there for you
sammy3	Authenticity and committed interest in mental health
sammy3	(Formal supports)
TideisTurning (PSW)	Yes @Captain24.
TideisTurning (PSW)	Also great ideas @sammy3 :)
TideisTurning (PSW)	@chibam , I'm sorry to hear you don't have, or haven't found these kinds of people. I'm wondering what qualities a good support would have if you were to find one? :)
bobbie	non-judgement, and time/availability of course. And cost!
Jacques	same as @chibam I have not found anything that works for me. I have been getting help since I was 8 nothing has worked for me. my parents tried to get help, mum tried her best to support me, there really isn't any services in my town. I'm scared my partner one day will leave me because of my agoraphobia not being able to be with her
chibam	@bobbie , re: your earlier comment - sometimes less training/education is actually more desirable, as I often feel like it takes an uneducated person to connect with and appreciate another uneducated person, their ambitions, and frustrations.
Amber22 (PSW)	I'm sorry to hear that @Jacques , what qualities might be present of someone that you would like support from? Mine would be someone that really listens to me
Shaz51	Hello @Amber22 (PSW) , @TideisTurning (PSW) , @Jacques ðŸ˜€
Amber22 (PSW)	Hey! StanD :)
sammy3	@TideisTurning (PSW) they are not ideas, they are observations

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TideisTurning (PSW)	Some of the biggest ones have been patience and openness. For a formal support, allowing me to lead to a point, in terms of what support I might need and what might be most important, including flexibility to shift priorities if urgent issues arise and giving options for things like interim communication. With informal support, often what I need is a listening ear, so just listening validating and sharing space with me rather than trying to 'fix' whatever's going on- so someone who can do that, without judgement, is invaluable.
chibam	Well, @TideisTurning (PSW) , my #1 problem is my lack of a meaningful relationship. So the first thing I would need from a therapist is to be set up with a prospective girlfriend, with a view to marriage. Then, I'd be looking for similar meaningful-relationship-focussed assistance to being assigned employment and re-homed.
Shaz51	My Mr shaz has always had that trouble, even two of professional told Mr shaz it was my fault
Jacques	I'm really not sure @Amber22 (PSW) I feel I am past any sort of help, I should have grown out of separation anxiety when I was a child, I don't know what help I could get. I'm too scared to look. I guess someone with empathy and understanding. from what I have read online not too many people in their 40's are too scared to leave their mum and can't be away for 1 night, the last time I had a night away from mum and dad was 1994.
chibam	That's awful, @Shaz51
Amber22 (PSW)	Oh I am so sorry that happened @Shaz51 You are such a great support for Mr Shaz
Jacques	omg @Shaz51 I'm so so sorry, I have known you a fair while, I have always found you to be so supportive of Mr Shaz I'm so sorry you had that experience
Captain24	That's terrible @Shaz51
TideisTurning (PSW)	Oh my goodness @Shaz51. That's rough! I'm sorry your Mr. Shaz was told that. From what I know of you, that doesn't sound right to me at all that you would be 'at fault' :(
Amber22 (PSW)	It's okay to be experiencing that, I can relate to it to a point, maybe the support you might like is someone that brings a 'home' feeling and comfort to you @Jacques

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Amber22 (PSW)	Q5: What are some of your needs you need to consider when you are looking to engage a professional/ formal support? For example, financial limitations, availability, expertise, competence in working with particular communities you are a part of such as CALD, LGBTIQA+, Disability?
Jacques	that would be nice @Amber22 (PSW) maybe one day.
TideisTurning (PSW)	It sounds like your Mum and Dad are a huge support for you @jacques, and that's ok :) Also lovely. Not everyone has that kinda relationship with their parents
chibam	Q5: A willingness to fix a patient's real-life problems, instead of just talking about them.
Jacques	yes I am very fortunate @TideisTurning (PSW)
TideisTurning (PSW)	I'm hearing practicality might be important for you @chibam :)
chibam	If that means real-life assistance, @TideisTurning (PSW) , then yes; very much so!
Shaz51	So Mr shaz was soo upset he has never went anywhere else for help until he ended up in hospital for 2 weeks and he only wanted me with him through the days , they wanted to keep him in longer but he said no
TideisTurning (PSW)	Real life assistance, or action steps. Things that you can actually do to work toward solving the issues that are coming up @chibam :)
Amber22 (PSW)	Aww, I am sorry that happened to Mr Shaz, but so lovely to know that he wanted you there as his support @Shaz51
Jacques	Q5: money is a big thing for a lot of people with severe mental health problems, my partner has spent literally hundreds of thousands of dollars to get help and she is still struggling. availability is a huge problem too with more and more people reaching out for help it is more and more difficult to find someone to see regularly. lived experience should be a requirement for qualification. so many people have had really bad experiences. sometimes it does feel like they only want money and don't really care.
bobbie	Relevant experience helps. I mean trauma experience
Jacques	90% of my income goes on bills and food and entertainment it does not leave a lot of money for help. I have \$0 super, no investments or inheritance. just my DSP I know a lot of people with severe mental health issues rarely work. I really don't know what the answer is.
The Hams	Evening

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Amber22 (PSW)	Welcome @The Hams !
TideisTurning (PSW)	Agreed @bobbie. I find it really useful if my support team have at least some understanding of the conditions I live with :)
Jacques	hi @The Hams and StanD
chibam	@TideisTurning (PSW) Yeah, that sounds sort of right. So long as it's not wrapped in meaningless vaguery or riddles, and where the therapist will actually act as an in-between, in situations where it's necessary.
Shaz51	@Amber22 (PSW) , I think financially, DSP, right diagnosis which is hard as he has been diagnosed with soo many things
The Hams	Not feeling the best this evening. Long workday. Found out a friend is leaving the nation and didn't get to see them off. But I guess it's life hey? Gonna be eating my nice Thai food and reading stuff here.
The Hams	G'day mate @Jacques
The Hams	Hey Amber22
Amber22 (PSW)	I am sorry that's happened and that you're not feeling great today, we're here for you and glad you joined us tonight @The Hams
Shaz51	Hello @The Hams
Amber22 (PSW)	Q6: There can often be long wait periods between appointments to see professional/ formal supports if they don't have a lot of availability. How do you manage to get through these times in between appointments? Do you have informal supports like loved ones, helplines or services or self-care you draw upon? What does this look like for you?
TideisTurning (PSW)	That would've been hard @The Hams. I'm sorry you didn't get a chance to see your friend off!
sammy3	Having a contingency plan! I actually dislike the trial and error with professionals the most
chibam	@TideisTurning (PSW) Like, my therapist would always say stuff like "You need to do something different". But when I asked her for specifics, she'd just shrug and say "I don't know" in this smarmy way that seemed to imply she knew specifically what she wanted me to do, but was just refusing to tell me in some twisted sort of mind-game.
bobbie	@The Hams that's rough, hope you have a good self care night

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TideisTurning (PSW)	This can be tough! For me, I feel like it depends. I have a range of coping tools, like writing it down, whether that be in a notebook I generally take with me when I go to see some of my support professionals, emailing ahead, reaching out to a helpline if I feel like something more immediate might be helpful while I wait to get to whatever support professional it is, or other times, it's some combination of those
Shaz51	Very true @chibam
Jacques	I have no experience with Q6 but my partner does, she goes months without support, when she is suicidal I do all i can to keep her safe. talking her out of hurting herself until the next appointment. it can be really difficult I am able to support her i guess my biggest fear is if I miss a call when she needs me. she also uses 1800 RESPECT and suicide callback service which are great services.
chibam	Q6: It's not the length of the tunnel that grieves me; my problem is the lack of any light at the end of it.
sammy3	You know I just recalled , I have found some Apps to be helpful though they are not human!
Captain24	I'm beginning to think there is no light at the end @chibam
bobbie	a combination of calling/seeing friends, calling helplines, seeing my GP, self-soothing with food, videos, napping, distracting with household-related stuff like organising and decluttering, and of course the internet.
Amber22 (PSW)	Here with you <3 @Captain24
Jacques	wow @bobbie I do the exact same thing, self sooth with food and sleep as much as I can to make the days go faster.
bobbie	last weekend, I discovered suicide callback service, as sane aus was closed. I find them as good as sane helpline
TideisTurning (PSW)	@Captain24, that's tough. It can be really hard when you don't feel like you can see a light. It might still be there, just out of sight. I will hold onto that hope for you that the light comes into view very soon <3
Amber22 (PSW)	That's great! @bobbie
Amber22 (PSW)	Q7: It can feel quite awkward or uncomfortable when you've started engaging with a support only to find it's not compatible for whatever reason. How could you navigate a situation where the support you have engaged is not working out?
Shaz51	Yes @Jacques same here with Mr shaz

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sammy3	We have lots of questions today
Jacques	i guess with Q7 it is so so important for the government to invest heavily into multiple health services so if one does not work for an individual their are options. investment has been lacking so so much in mental health. Unfortunately it is not a high priority with state and federal governments.
chibam	Q7: I had to wait for 7 years before my (worst) therapist finally pronounced me cured (by her ridiculous measure, anyway), and let me out of therapy. The other main therapist I had got cheesed off with me, because I failed to follow one little direction that I suspect he'd failed to give me in the first place, got abusive, and kicked me out of his office.
bobbie	I once saw a psychologist for only 2 sessions. She was quite hard to work with - really impatient. She happened to be young, I might add. It was a really easy decision to stop seeing her really. Luckily, all I had to do was ask my GP to refer me to someone else.
chibam	Some people actually suggested that I should've just told the therapist that she sucked (although sugar-coated it). But I just can't understand how anyone can condone doing something like that to another human being.
The Hams	A lot of thus I can relate to. Was reading over previous comments. One thing is quite clear - we can all relate to each other when it comes to trying to find the right supports. Recently I went back on medications to help me sleep and calm me down. It has not been my preferred option but the effects outweigh my concern. Plus I intend for this to be a temporary measure.
chibam	I mean, I had teachers that used to do crap like that to me when I was in school. And there's nothing worse...
StanD	Q7 address person & explain to them why it's not working out. This gives them an opportunity to fix anything they have overlooked. The problem mighty be solved, not on the surface, through communication styles?
TideisTurning (PSW)	Oft. Those sound like some really hard experiences where there's been a real lack of energy to get yourself out of the situation, but rather having to wait to be 'released'. I'm sorry :(
Shaz51	Very hard in rural areas, sorry to say , one said that if you can't help yourself then I can't help you and then she left and she must of passed her information to the next specialist

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TideisTurning (PSW)	@StanD. I really like this approach! You sound a lot better than me! My first instinct is to avoid, though I think that's because I'm not a big fan of conflict. Eventually, I psyche myself up and say something when I need to :)
The Hams	One therapist told me I needed to control my anxiety and that if I didn't then it would ruin my life. I laughed. Organised a new therapist and told her to her face in the last session. She also didn't want me to speak about religious trauma. Some people ate in the profession because they just like the idea or have a fascination with people and their problems and want to watch them..... I'm gonna see my psychiatrist next Monday. I think I may have something more serious wrong with me. But in the end I keep coming back to self acceptance. I can accept who I am and where I am now in my life - not just not my mental health life - but in terms of my life exp and what I've achieved no matter how small. I think putting yourself into the world comes with the reality of getting hurt. I hate it. But I am somehow learning to accept that. So long as we can relate to each other too I think.
bobbie	All these stories are so sad. I don't know what else to say.
Jacques	maybe in training at universities and colleagues they need to incorporate KPI (Key Performance Indicators) into their training and long term work so they can learn what is working for their clients and what is not, once they are qualified they don't seem to take feedback or refresher courses for new techniques as mental health is always evolving.
Amber22 (PSW)	Thank you everyone for being so vulnerable and sharing your experiences, this is a safe space to share and I really appreciate it
The Hams	Agreed Jacques Out with the shonks haha
Amber22 (PSW)	Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
chibam	My therapist wouldn't have cared about "what she was doing wrong" for me. She was there with a determination to push ideology upon me, whether I wanted it or not.
The Hams	I remember at uni I did a psychology subject and the lecturer said you could quit uni psychology after 1 month and start a therapist business. It wouldn't be wrong to do that. But maybe just not beneficial for clients I think. I've thought of doing peer support but I need to really have a go at other things in my career area for now. Apologies all I keep talking about myself

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chibam	@Amber22 (PSW) It was a reminder that I'm not so alone in my unfortunate story. I don't know whether to feel sad about that, or relieved.
TideisTurning (PSW)	I'm so sorry your experiences have led you to feel that way @The Hams. I just want to say that there's not necessarily anything 'more seriously wrong' with you just because a therapist won't let you talk about what you need to. That is a reflection on possibly their own discomfort. It's not on you :)
The Hams	Agree tideisturning ! Thanks for saying that!
sammy3	I also found some validation for my MH 'journey'
The Hams	How many here struggle with loneliness ?
Jacques	i guess tonight @Amber22 (PSW) is the mental health system is fairly broken, a lot of work needs to happen in the mental health system. I have learned tonight I'm not the only one who is unable to get help. mental health is complex and I understand no one has all the answers.
bobbie	I hope you all find the right therapist and keep trying....It took me 7 therapists to get to the best one yet, who is enormously practical and patient with me. I owe her my life really.
Jacques	i do sometimes @The Hams 23 years with no social interaction is hard.
chibam	@The Hams Yes! Yes! Yes! Over here! [hand waving madly]
bobbie	Loneliness and emptiness - 2 old friends
Amber22 (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about finding different supports, or if we have struggled with finding supports for ourselves. Would some self-care be helpful for you after we finish? If so, what might you do?
The Hams	I read about DBT the other day - radically accepting the situation we are in is the first step. So I guess for loneliness it is to accept that is how we feel. But I can always say that I know so many do anyway. So that fact can give us comfort
TideisTurning (PSW)	Sending love & hugs to all the lonely hearts <3 Know you're always welcome here, and over on Forums too <3
chibam	@bobbie 2 old tormentors, more like. Like the crooked warden and guard captain in "The Shawshank Redemption"

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bobbie	I learnt that we are all struggling. Some of us have more support in 1 area than others. I feel grateful for what I have.
The Hams	Bobbie - yeah they are mates of mine haha
Shaz51	Yes Mr shaz does not like socialising. Also how many have been told the you need to be more assertive in life
Jacques	for me tonight, a coffee and a hot cross bun, I will have to put on some music to sleep as I have been having a lot of panic attacks of late. play with my worry beads too.
The Hams	Yeah me Shaz51 But tbh I like to be assertive back to that and tell people to mind their own business haha
chibam	@The Hams I've never liked that word - "acceptance", when it comes to inhumane suffering. Where would we be today if Martin Luther King just "accepted" that black people were condemned to being 2nd-class citizens forever?
TideisTurning (PSW)	@chibam- I'm really curious. What word would you use instead in this context, in place of 'acceptance?'
The Hams	Vis a vie self care - idk. Just about to finish the Laksah. It's 9/10. The tea is good too. Been doing self care while watching this. In a different neighbourhood. Its good. Life.
Shaz51	Mr shaz would love to say that @The Hams but he keeps it to himself
sammy3	Nice dinner and desert for me
The Hams	Same tbh @Shaz51
Shaz51	Coffee time here
chibam	@TideisTurning (PSW) I would send an ultimatum: either the problem gets fixed & life becomes worth prolonging, or I will no longer prolong it.
Amber22 (PSW)	Here are some further resources and extra supports that we recommend having a look at if you would like to: NEAMI: https://www.neaminational.org.au/contact-us Flourish: https://www.flourishaustralia.org.au/contact-us STRIDE: https://stride.com.au/contact-us/

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	<p>Listening Ear: https://listeningear.org.au/ Safe Haven NSW Health: https://www.seslhd.health.nsw.gov.au/what-safehaven Finding a professional: https://www.beyondblue.org.au/get-support/find-a-professional</p>
chibam	@TideisTurning (PSW) Too many things are just not acceptable.
bobbie	I have called NEAMI Hear2Talk before, they are good too just FYI
Jacques	thank you for the discussion tonight @Amber22 (PSW) @TideisTurning (PSW) @tyme (PSW/ Moderator) it was a really good one tonight, i hope is didn't over step any boundaries or rules. i was just trying to be as honest as i could be.
Amber22 (PSW)	We would love to hear your anonymous feedback on today's group so we can continue to improve. It is voluntary, and will take about 4 minutes to complete: https://forms.office.com/r/yk4HS4Snnf
The Hams	Take care all. See you around the forums.
Amber22 (PSW)	Thank you for sharing <3 @Jacques
sammy3	Thank you all! See you around :)
Amber22 (PSW)	Thank you for joining, and we hope you enjoyed the discussion. If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat . You can also ask questions for us to discuss in future peer chats!
The Hams	But most importantly remember that you gotta be compassionate to yourself
Amber22 (PSW)	Thank you for joining everyone! See you around on the forums :)
The Hams	Good onya Jacques. You're a good dude !
tyme (PSW/ Moderator)	See you everyone!
Jacques	good night everyone, lots of hugs to my forum family
TideisTurning (PSW)	Hear2Talk are great @bobbie. I'm glad you found them! :)
bobbie	goodnight all, thank you

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chibam	Night all! :)
TideisTurning (PSW)	Take care everyone & thanks for sharing this space with us tonight! :)