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.