

Biography

Barbara

Retired registered general nurse and physical therapist. Age 51 diagnosed bi-polar disorder for 30 years now also leukaemia and diabetes. Living very independent life. Active in different college courses as well as activities involving eastern medicine. Previously worked as a volunteer for about two years on the Mental Health line in Brighton. For about a year have been involved in the BHT Service User Group. Highlights have been contributing to the magazine, the training programme and giving talks to the CMHT. Her role in the BHT Service User Group is Representative for Private Sector Floating Support. In this role enjoyed having a listening ear and being able convey information on behalf of other Service Users and get results.

Gerry

I worked in the construction industry and suffered a nervous breakdown due to stress. This has now been diagnosed as manic depression. I am now re-training to become a surveyor which I hope will be less stressful and hope to carry on with the career path which will give me a life style I aspire to. I am getting involved with various activities to do with the BHT Service User Group and I hope the skills I gain and the learning process will be of benefit in reaching my goals.

Martin

Has been involved with various Service User groups in Brighton for about a year or so and found that these have helped with recovery from depression. In the BHT Service User Group he is Mental Health Consultant. Through Service User Involvement has participated in consultations, initiatives to raise staff awareness of Service User issues and the BHT Service User training programme.