

Submission – Mental Health Enquiry.

I strongly disagree with anti-depressants and ECT being used on people to treat mental health issues.

My mother was on anti-depressants for years to handle symptoms of depression associated with early menopause. I saw no improvement in her condition. I observed her getting worse, that is more depressed, very aggressive and often violent in her behaviour. I received a lot of abuse mainly verbal, but some physical as well. She did not get the help she really needed to help handle her situation. She was suffering from an unhappy marriage to my father and boredom due not working long hours, only part-time and isolation. She had no close friends near her that she could get help from. None of this was addressed by her GP nor was she referred to a psychologist or counsellor to have someone to talk to. She ended up very unhappy and this drove her crazy and she became quite psychotic. She went into despair and became inaccessible. She shouldn't have been given drugs like that. I feel that too many people are incorrectly diagnosed with mental health problems and put on anti-depressants, which just blocks off their emotions and doesn't solve the problems. They just become drug personalities and hooked on psychiatric drugs for life and/or end up committing suicide.

I also recall a family situation where my Aunt who was a bit shy and introverted – got very upset in a hospital working as a nurse. She had a disagreement with a senior with whom she was working over doing theatre work during the night shift and threw a tantrum over this. The result of this was she was committed to a psychiatric and given multiple treatments of ECT and psychiatric drugs due to being diagnosed as a schizophrenic, which was probably incorrect. This turned her into a woman could barely look after herself. She had trouble dressing and feeding herself and couldn't work as a nurse anymore either. She couldn't speak or write properly and was struggling on her own with little assistance from the community. She also attempted suicide at least 3 times of which I was aware of. I couldn't see any benefits from her treatment at all. My observations were that it destroyed her life, as she was never the same again after her treatment.