

Transcript

Eve

Child of Our Time: Turning 20

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I think if people have mental health problems these days, they're less likely to hide them from friends and family.

School was a very mixed bag for me.
I had friends, you know, but no one I was close to.

I had sort of a loose social group where I sort of knew everyone and I could talk to everyone and in lessons, I could sit next to them and have a good time but never really went to the point where I'd spend time with them outside of school.

And then sort of through high school, I started to feel really awful about not having close friends.

My mental health started to deteriorate as well, sort of mid-high school. I struggled a lot with depression and anxiety.

I think there's a lot of ways to talk about mental health.

But for me it helps to put a label on it as depression because without that I tend to see it as a part of who I am, rather than an illness. And I think viewing it as part of my personality really sort of hinders my getting better, in a lot of ways.

For me, the worst bits of depression is just the exhaustion and inability to do stuff. Like on an awful day, on a really bad day, I – well it's not just I won't get out of bed – I won't want to.

The day after I have an exhausted day where I don't do anything is worse. Because of that guilt, that feeling of guilt, and sort of feeling ashamed. I think shame's the worst emotion any human can feel.

I couldn't really articulate it to my friends because I didn't trust them well enough to think they would stand by me.

The main role I feel I feel she sort of occupied in my life was that of you know, being very caring.

She definitely wasn't stiff upper lip. She was very kind of open I think, very...very willing to be emotional and to sort of be sensitive and share that with people.

I don't know if it's because of being around her but I definitely am similar in a lot of ways to that.

When I think about my mum's death and the sort of grief around it, it's not about the fact that she died, it's about the things that could have happened if she'd stayed alive that are the tough bits.

I think if people have mental health problems these days, they're less likely to hide them from friends and family.

It's very, very sad because if she was still alive, she would have understood. And she isn't, so I've sort of lost that before I even knew I needed it, I lost that sort of person who I could have talked, really candidly talked about my own mental health problems with, and who would have had a very good understanding of it.

I'm 19. I'm a student midwife.

Caring is like a big part of what I do as well as what I kind of want to be.

I've had some mental health issues, they've sort of made a bit of a comeback and that makes it really difficult to manage shifts and academic responsibilities.

For this next year I'm taking a leave of absence from my course, I think it's a good idea just to have a break.

It seemed like a massive personal failure on my part, that I wouldn't be able to do what everyone else was doing, and continue, and sort of be successful. But sort of as I, as time went by and I've sort of realised actually this isn't good for me, it was the only really logical, sensible decision for my own wellbeing.

But I'll be going back hopefully and resuming my studies.

I think my generation are more ready to accept that mental health and physical health are not distinct from each other.

Like you have a fever, you take paracetamol. You aren't dealing with a traumatic event, get some counselling. Like it's, it's easy as that really. And because it's more accepted, I think it means people seek help earlier.

You don't have to keep it a secret.

Some of my really close friends are very good at getting me out of the house when I don't want to because at a certain point, you sort of go, actually, it's probably not good for eve to be sat in her room for this long, we should go out for food, should go to the cinema, something that's low stress and fun and nice, with my friends.

And that's really good. I'm really am grateful to people like that.