

Transcript

Intro

0:02

i've always been an

0:03

anxious type but very good at coping in

0:05

a stressful environment

0:08

i was used to being the strong one the

0:10

one who always coped and was supportive

0:12

of others

0:13

then it started to get really difficult

0:15

i thought i was a failure

I thought I was a failure

0:18

on signing on to together all for the

0:20

first time all of a sudden

0:22

i had an array of information a

0:24

community of people who understood me

0:26

and what i was going through

0:28

and access to walk guides who were there

0:30

24 7 and who would just listen and guide

0:32

you in the right direction

0:34

[Music]

0:36

i wasn't alone anymore but here was this

I wasn't alone anymore

0:40

community of people

0:45

[Music]

Support others

0:47

on good days i can support others on bad

0:50

days when i need supporting

0:51

i can find information i can try to

0:54

understand depression

0:55

what i'm suffering from and how to deal

0:57

with it

Recovery

1:01

today my recovery could be described as

1:04

a bit of a jigsaw

1:05

there are a number of different pieces

1:06

that have helped put me back together

1:08

again

Outro

1:11

but most of all my constant together all

1:15

for my constant i will always be

1:17

[Music]

1:24

grateful

1:35

[Music]

1:37

you