



<p>Project: <b>'Reflections of trauma, challenges, and healing: An oral history'</b>          Respondent: Connell Jill          Year of Birth: 1970          Age: xx          Connection to project: Respondent          Date of Interview: 16<sup>th</sup> August 2022          Interviewer: Rachel Kelly          Recording Agreement: Yes          Information &amp; Consent: Yes          Photographic Images: No (Number of: 0 )          Length of Interview: 55.52          Location of Interview: EDVA Kirkintilloch          Recording Equipment: Zoom H4n (internal mics)</p>		 
Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
00.37	Respondent states that she was born in Greenock and grew up in Glasgow. She now lives in Carnwath.	
0.55	Interviewer asks the respondent about her life before experiencing trauma.	
	<p>"I don't know what age that would have been. I do know from age zero to five I have very little memory. And they do say, sometimes, that's your brain's way of protecting you if you've got trauma. I think my trauma started very young. My father had probably like a lot of men back then in the seventies, West of Scotland , worked in the shipyards, problems with alcohol, not able to express himself...Other issues with my father which I now know which I didn't know then was that...Well, I knew then that he'd trained to be a priest in Glasgow. So, my thoughts and a couple of other peoples thoughts; relatives...could be that there was maybe some abuse there in the priesthood that he suffered. Which kind of would of, maybe, made sense going on in his adult life and what he portrayed to be abusive when he drank alcohol. So, to answer the question I'd probably say I was about five before I experienced or remembered I would say."</p>	1.02-2.06
2.08	Interviewer asked the respondent if she has any distinct childhood memories	
2.17	Respondent describes nursing a bird back to health with her father which she says was a positive memory of being with him as a child.	
3.04	Interviewer asks the respondent about her occupation.	
3.08	Respondent said she has been self-employed for 25 years in business training, project management and consultancy work. She currently works for a leading charity in the U.K working in schools teaching pupils financial education. She is passionate about her work.	
3.42	Interviewer asks the respondent what defines who she is.	

3.53	Respondent replies that she is very unconventional and that she is a self-made person.	
4.46	Interviewer asks the respondent about her understanding of the term trauma.	
	“My understanding of the word trauma...Something that’s happened to you in your life that...Or sometimes, be known, by what I’ve read, as a life shock. Is something that happens to you or happened to you in your life that needs to be healed I would, actually, say.”	4.53-5.17
05.20	Interviewer asks the respondent what she thought were the main causes of mental illness.	
	“Good question. Sometimes it’s conditioning. Sometimes it can be how you’re brought up with your parents. And your parents are victims of victims themselves. They only know what they’ve been told and what they’ve been taught. But some parents live their lives through the expectations of what their children could do. So, maybe they didn’t go to dance school so they’re going to put all the pressure on the daughter to go to dance school or whatever. So, sometimes people can grow up with that burden, I think, expectation of what their parents would want them to do. So, I think that; The burden or expectations growing up. I think the whole society of people... Especially young people but now it’s all ages trying to fit in. People on social media have the, inverted commas, perfect life. I’ve only recently joined Facebook but I’m very rarely...I very rarely post things it’s usually for groups. But I think young people when I was growing up...So, I’m fifty one. We aspired to be like the tennis players, Chris Evert or Tracy Austin. Whereas young people now twenty odds in their teens aspire, some of them, to be reality TV stars. And think they need to look a certain way. And I think a lot of young girls do look the same. Which I think is such a shame. And on nights out they’re taking pictures and posting on social media. Why don’t you just have a good time being out? And I think the pressures of that can bring on mental illness, definitely. And also, now, after COVID and with all the inflation. And people genuinely at the brink of-how are they going to pay their rent, how are they going to pay their bills, working two jobs. And there’s no end in sight. That’s definitely going to affect your mental health; worrying about money, you know.”	5.24-7.31
7.34	Interviewer asks the respondent to tell her as much or as little about her trauma as she is comfortable with.	
	“I touched on it earlier; my Dad had a problem with alcohol. He would be very aggressive sometimes violent. And I remember being at a very young age, probably about seven or eight, and I could very quickly barricade a door using furniture. I wonder sometimes now I have to remind myself the reason I can move furniture about so much is because I did it when I was six or seven. So, that and growing up in a household where...and my ex-partner and I recently discussed this. Last year or the year before. He had a very similar upbringing to me. You would have a Friday feeling. So, you would wake up on	7.44-9.06

	<p>a Friday go to school, primary and secondary, and have a knot in your stomach on a Friday because you didn't know if that Friday your dad was going to come home drunk, or come home with a bottle of whisky in his bag, or if he would be ok. And it was always a Friday he started. It would never be a Saturday. But if he started a bender, you call it, on the Friday it meant Saturday as well. And it just meant chaos, mayhem just...And for years I had that, obviously all through primary and secondary; the Friday knot in my stomach."</p> <p>"And then as an adult I particularly like Friday nights now. Because that's...That's healed, it's no longer there. But that, I'd say, was the major trauma throughout my childhood. And then my sister... possibly because of her upbringing, she has her own story, but, how would you say it...But in terms of behaviour has been very narcissistic, jealous towards me. So you would think in an environment...in that way it was only me and my sister should of, could of, would have been close in a unit. She's only four years older than me. But, it was the opposite. So, she, kind of, sided with my Mum. And then when my Dad on the Monday with the suit on going to work; cause he worked in the shipyard but he worked in the planning office. Jill was the one that wanted to talk about it when Jill was about thirteen. I would raise it at the table and say-'What was that about at the weekend? Why did we need to phone the police, why did we need...' And my Mother did just didn't want me to talk. It was as if-we'll just forget about all that cause it's Monday and your Dad's back at work. And you need to get the slippers out for your Dad cause he's coming in from work. And I found that very, very traumatic."</p>	9.07-10.23
	<p>"But as a result of that, when I was younger, because of my trauma I developed quite a severe stammer. And when I look up the unhealed aspect of a stammer it's lack of expression, it's not being able to speak. And I had that in primary three. It went away and then it came back in secondary when I was doing my Highers which was just horrendous. Because, the teacher would say to me in chemistry-'Right Jill read that bit out.' And I was, thankfully, bright. And I would got to read something and then I would just stammer. And the teacher would look at me as if-what's wrong with her? And then I went to uni; started a degree in quantity surveying. And my parents will now know this. Because they've now passed. They will now know what I'm going to say but they didn't at the time. I left my degree in quantity surveying because I was asked to read something in the lecture hall and my stammer came back. I felt so embarrassed, so traumatised, back to the word trauma that I left uni that day. I went into see my lecturer a couple of days later and I made up an excuse that I didn't really want to do quantity surveying. And he said-'But Jill you're bright. Change degrees. Do something...' 'No, Oh, I just want to go and make money.' And my Mother put me through hell because I'd left uni. My Dad was a bit more-'Why did you do that?' My Dad was a bit more understanding why because back then with a working class background nobody went to uni. My sister went to uni to do nursing but we were very lucky to go to uni so it was almost as if I was throwing the privilege away. But my parents never knew because I thought-How do I tell them that? I couldn't relate it at the time where my stammer...the trauma of stammering came</p>	10.24-12.15

	from. I didn't know at eighteen it was because of my upbringing. I just thought I got really nervous some times when people asked me to speak. So, I'd say that was very, very traumatic."	
12.18	Interviewer asks the respondent how the school reacted to the stammer	
12.20	Respondent said she remembered when she was seven that her Mother took her to the doctor. The respondent thought it was interesting that the stammer came on a Monday when they had been through chaos at the weekend. Eventually she spoke to some of her teachers and said that she gets nervous speaking in front of people. She loved Higher English but dreaded being asked to speak in front of the class. Respondent said her daughters have only recently found out that she had a stammer when she was younger and people find it hard to believe that she had once had a stammer due to being a trainer which involves talking to people. She believes that the stammer could return if she was put in a situation of trauma or stress.	
	Interviewer asks the respondent if her mother got any help for her trauma.	
	"My Mum went to AA meetings-Al Anon. So, that's supporting families of alcoholics. She went to them quite regularly and she used to take me with her. I remember when I was about twelve, or something, we went to one in Castlemilk. And she's good friends. And what I do remember about my parents was they had a very good relationship out with the alcohol abuse. They used to walk all the time. They were together all the time. You know, so that's a nice memory for me. It's not just they had that. That ruined your childhood. That was a lot of trauma but, at the end of the day, they didn't know that. They didn't invent that. They didn't create that. That was their own traumas and whatever they experienced in their childhoods back then. I don't know."	13.43-14.34
14.40	Interviewer asks the respondent how she feels her life changed after that time.	

	<p>“So I left uni about eighteen and a half. Maybe nineteen. And then something happened in my life that completely forced me to change direction. I lost my mother very suddenly when I was twenty. She had a brain tumour. She’d been going to the doctor for, I don’t know, two or three months before thinking she’d just had headaches, nothing major. I went into work one day. I was working at the uni funny enough. Strathclyde Uni as a junior wages clerkess and my sister called the office and said-‘Mum’s been taken to the Victoria Infirmary. Headaches are getting worse. Everything’s ok Jill. Just stay at work. Just phoning to let you know.’ Ok, and then a couple of hours later she phoned back to say-‘She’s been transferred to the Southern General. ‘Now I...I’m not a medical practitioner but I knew that was quite serious. So, I asked to leave work. My boyfriend at the time Stuart, he met me after work because he was at Strathclyde Uni and I was working there. And we got the bus down to the hospital. And then we were told she had to have these tests, or something, done. But Julie was training to be a nurse at the time, my sister, so she saw a trainee nurse that was on her course that was in my Mum’s ward. And she saw my sister and she ran away. So my sister was like-Oh this is...this isn’t right. And I think we were at the hospital half an hour and they said-‘Oh, your Mother’s brain dead.’ And we had to go home but they had to perform...I think it was about four basic tests to my Mother. Something as simple...like pouring freezing cold water in her ears. So, if she had any reaction at all they couldn’t turn off the machine. As I’m sure you can appreciate that brought so many mixed emotions. Because we’re thinking-So she does react. She might be brain dead but she’ll still be kept alive and how...where’s the quality of life in that? And all that trauma. But, while we were at the hospital my Dad had half a bottle of vodka, in his pocket, in his jacket. So, he kept disappearing. And it was just...it was just chaos. So, that happened to me when I was twenty. And that really...”</p>	14.49 -16.54
16.56	<p>Respondent said she had spoken to a counsellor recently about her Mother dying and she was really good telling her that she didn’t just lose her Mother she had lost her home, everything. When her Mother died her sister then decided to move back into their Mum and Dad’s flat in Shawlands. Her sister was married at the time and had a young son Michael. So within a month of moving in her sister had put the respondent’s rent up. She threw their Dad out of his bedroom and bought him a chair bed for the living room and when she was out at work she came home and her sister had got rid of the respondent’s dog, a west highland terrier. The reason her sister gave for doing this was that the dog had bitten her one and a half year old son. So that was another trauma. It was weeks after this that the respondent moved out to a flat-share. They did have relatives but nobody came forward to help. She had friends and her boyfriend to rely on.</p> <p>Respondent said her flat-share was really nice because she was independent, she worked two jobs. She didn’t have a car but used public transport.</p>	
19.30	<p>Interviewer asks the respondent if she had extended family that she could turn to at the time.</p>	

19.34	Respondent replies that no one came forward which she finds strange as in the same situation she would have done. She did have friends and her boyfriend of the time Stuart who she is still on good terms with.	
20.26	Interviewer asks what happened from then.	
20.27	Respondent replies that she had an enjoyable time flat sharing. She was working. She picked up her life. She was checking in on her Dad all the time and her sister moved out of her dad's flat. Her sister had to move out as her Dad was just drinking all the time.	
	<p>“ So, my Mum died in April '91 and my Dad died in January '93. But, to be fair my Dad just wanted to be with my Mum. So, there was a part of me relieved that he was gone because he was just drinking himself to death. And he'd got himself hooked up with this woman who was an alcoholic who caused all ends of bother. As you can appreciate. Especially with my sister. I said to my sister-'look, stop judging her. She's not mum. He just wants somebody to be with. I'm not judging him.' So when he passed and he was fifty one when he passed; the age I am. A lot of part of me was relieved. Cause he wasn't living. You know, so. Yeah, so he died in the January I had moved employers. I was working for a company in Glasgow .I don't think it's still there now. It might be. Trojan Security based in Whiteinch. And I was the main wages clerkess there. I went from a junior wages clerkess to wages clerkess. I moved there.. So, I moved there, I think, about October '92 my Father died the January '93. I met somebody there at where you walk in and meet somebody and think-Ok, I think you're going to be a special part of my life. And that was a chap called Paul, just give first names. So, I ended up leaving my first love for Paul. So my Dad died in the January. Paul and were meeting up in Partick He lived in Broomhill at his mum's. We were meeting up in Partick one night. So I'm going...time-wise I'm round about March now. So, just about two months after I lost my dad. And I met up with Paul and we were out in a pub. The three judges, maybe, Partick; can't remember. I remember him looking at me saying-'Have you been sleeping?' and I said...I said-'No, not really.' I hadn't been sleeping. And then he said-'Jill, you've not even thought about your Dad dying. You need to sleep.' So he saw something that I didn't. He went back to his mum's and he spoke to his mum and his mum had a big house in Broomhill. I think she used to have quite a lot of lodgers. And he put me in a room, literally. And he gave me a cup of coffee or a cup of tea or chocolate, something. And he told me just to sleep. He said-'Look, I'll be sitting right next to you. You just need to sleep. 'I think he, obviously, knew something...something was going on. But, basically what happened after that...Three weeks later I was in a psychiatric ward at The Southern General which is still there but it's called Queen Elizabeth. Because I wasn't sleeping. And I was trying to sell my Mum and Dad's flat in Shawlands, so I was staying there as well as having my flat that I was renting out. And I just kept playing Whitney Houston, 'I Will Always Love You.' Kept, playing it and playing it and playing it. Because the words meant something to me-Right I love you but I need to go. I'm going to hurt you. And I thought that was my Mum and Dad speaking to me. And then I hadn't slept for about two weeks. And then my</p>	21.18-26.41

	<p>brain started to...Well, it was manic really. Hypo Mania, that's what it was. That was the diagnosis. And, yeah, I was in hospital for...I think it was only about four days and then they thought-Right, She's fine. She's ok .We'll let her out. She's on medication. She's had a sleep. She's ok. She knows what's what. Then, I was back within about a week. And then I was under a twenty eight day section. But the scary thing about that time. But, the most scary thing about that time...well, there was lots of scary things about it. But the most scary thing for me at that time...I was twenty two, I was in a psychiatric ward, I'd lost my parents, by that time I'd lost my job. But, I had no understanding how long I was in the psychiatric ward for, none. And I remember years later my ex-fiancé Harmel bought me a book about Frank Bruno. Because Frank Bruno went through a very... Alastair Campbell, the press secretary for Tony Blair, went through a very similar breakdown to me too. And I find it really interesting when it's a similar kind of break down and similar thoughts. And Frank Bruno, knew the minute he was admitted to the psychiatric unit he was under a twenty eight day section. I wasn't told that. So what did Jill do? Well, Jill kept running away because Jill didn't think she was getting out. And you need to remember I was brought up in Glasgow. So, in Glasgow, especially at primary school, the fear that kids used to talk about in the playground was-Och, you're just mental. You're going to Leverndale. Which I think still is there. There's still a wing there I think; psychiatric unit. Most of it's closed I think. I think a lot of it's developed into housing. But. That was a real fear when you were a child running about the playground in Glasgow-you're mental you're going to Leverndale. So, that trauma was there. So, when I was in the psychiatric ward I was thinking-Is that it now am I going to Leverndale?' "</p>	
26.42	Respondent goes on to describe her escape attempts.	
	<p>"And then when I was brought back. Very quickly. (laughs) I was taken in to the nurse in charge, at the time, Joe. Name was Joe, I remember him very well. And he sat me down and he said-'What are you doing Jill?' And I said-'I don't want to go to Leverndale. I've been in here two weeks. I've had sleeps. I've had my drugs. I know my Mum and Dad aren't alive. I know they're not waiting on me anymore. I know that. Paul's in every day with a photograph of my Dad saying-He's dead Jill, you know that. So, I know that. I've no problem. I'm not going to Leverndale. So, I'll keep running.'(laughs) He said-'Jill, you're on a twenty eight day section. You've only got thirteen days left.' And I said-'But nobody told me. How was I meant to know? Nobody told me. 'He said-'Right, you can still feed the birds but you're not running anymore down Govan Road in your Dad's housecoat.' But that, joking now, at the time was very, very frightening because I was in this ward. I then was moved to a room. It was a shared room with another woman. A very intelligent woman, teacher. Who told me now and again she gets really low and is in for depression. And at that time she was getting ECT (Electroconvulsive therapy) treatment. And that really freaked me out because she was very honest. She was a very articulate, intelligent woman. And I thought-Oh, is that going to happen to</p>	27.36-29.58

	<p>me? Am I going to be in and out all the time? And I was, obviously, still meeting with the psychiatrist. And the psychiatrist said-We've classified the diagnosis as hypomania. So, not bi-polar. Bi-polar my understanding is highs and lows. I didn't have that. I was just on a high. I was out looking for Mum and Dad in Glasgow. I was down at the shipyards and everything. Thinking I'd solved the puzzle. And then the psychiatrist said-'What I think it is...It's a one off extreme grief reaction. That's what we're hoping it is. But only time will tell because we don't know in six months' time if you're brought back in. If you have another episode.' I personally didn't think so at the time because I said -Well, I know my Mum and Dad aren't waiting on me. I know they're not alive. But that's not say that I couldn't go back to that psychosis. So, that was a wee bit frightening. But, as I say, the most frightening part of it was that I didn't know I was on a twenty eight day section."</p>	
29.59	<p>The respondent's father had left her some money and she was going to use this for a deposit to buy her own home in Croftfoot. It was during her hospital stay that her sister visited with a solicitor and she asked the respondent to just sign the papers and she would deal with things on her behalf, to which the respondent said no and don't visit again. So, that was also traumatic for the respondent.</p>	
	<p>"As you can appreciate; lots of traumas in that. You know, I'm very proud of my breakdown. I've been self-employed twenty odd years. Delivered courses to over twenty thousand people. It took me a while. I didn't do it at first but in the first, say, five years of working for myself; I then would stand up at the start of a course and say-'My name's Jill Connell. I'm running this start your own business course. Blah, blah, blah. This is what I do. Here's a little bit of background. Lost my parents when I was twenty, twenty two. Had a breakdown, lost everything. And I feel when you do that and you're honest like that people give you back more. Or, they look at you and think-Wow, I didn't know she...I didn't do it for people to go- Wow, that's amazing. It was-look what she's overcome and if she managed to start a business I can. So, it was to give people a bit of inspiration. But, as I'm sure you can appreciate there was lots of traumas in that traumatic event. But, for me my breakdown was my breakthrough. And I would never have changed my life. Turned my life around. Got off the society hamster wheel; whatever you want to call it. I would never have done that if I hadn't went through that trauma of...Well, if you have a psychiatric breakdown well... I don't know where else you can go from there really, you know. And I remember when I came out of hospital I was going to the library a lot and picking up books. And I pick up this book. Tony Robbins, he's this American guru. A lot of people like him. Back then I did cause he spoke to me in a way I thought-Wow. One of his quotes was-'Success is how high you bounce when you reach rock bottom.' And I remember thinking-Well, hey, I'm already there, so anything I want to do in my life I can do. It gave me a kind of sense of-Well, listen Jill. You've had the worst that's ever happened to you. So, why don't you go and start a business? Why don't you go on a start your own business course? Do you want to start a women's taxi service? On you go. Who's going to say no? And it gave me such a strength of well, why not? Who's going to say no? What's the worst</p>	31.09-33.37



	that can happen? Which, I've realised at fifty one that a lot of people don't have that kind of resilience. What would you call it? Adverse of fear. Whereas, I've had everything. I've had the worst. Being a single parent. Blah, blah, blah. Loads of other things. But I've had the major thing happen at such a young age. So, you think, woah, what else? That's fine. So, the only way, then, to go is to come back up again."	
33.38	Interviewer asked the respondent about her childhood in terms of resilience	
	"I think it made me very resilient as child, in a good way. I realised when I did my training qualification. My management qualification. I realised I had a really good ability as a trainer to suss out people in the room, in the group. And one that wasn't, one that was a bit loud...I can put them together. She'll bring out that person. That person needs to speak out. Right put them with them. And, I read once- as a child if you've been up in an environment where there's trauma, there's abuse, you know. That you very quickly pick up on atmospheres and pick up on energies. And pick up, oh no...Because I would pick up during the week if my Dad was starting to be stressed. And then I would be-Oh, no that means Friday night he's on the bender. So, very quickly picking up people's emotion. But also being very resilient in terms of you'd had all that chaos over the weekend; trauma. But you still went into school on a Monday and put your smile on and met your pal at the bus stop. And my pals didn't know anything. There was just certain days they couldn't come round. So, in terms of resilience, oh completely."	33.41-35.59
36.00	Respondent states that sometimes she can't see what the fuss is when her girls come to her with a problem but then she remembers that it was her childhood and it doesn't reflect on their view of life. She likes to keep drama out of her life as she had so much of that as a child.	
36.46	Interviewer asks the respondent about her diagnosis	
36.47	Respondent states it was a diagnosis of hypomania. She said she would read the signs on buses for instance the sign for Newlands she read as New Lands and would go searching for this to solve the puzzle often putting herself in danger. She says that she got a copy of her medical notes which said she was a danger to herself. Her ex-husband kept these but she doesn't want to go into that. She plans to write a book. She talks some more about searching for her parents when she was ill after they died.	
38.24	Interviewer asked if she was given any counselling in hospital	
38.26	Respondent said she had not been given any counselling. She remembered that she had been given drugs (lithium) but they weren't having any effect and it was put into her notes to double the drugs. So after two weeks she had drugs and a rest there was no looking for Mum and Dad. There were a lot of tears because during the hypo-mania phase she was high she wasn't grieving for her parents she was going to find them. She recalled a trainee psychiatrist at the time asking if she thought her parents were still alive and the respondent said no they're dead. But by asking this question the trainee	

	had planted something into her head and she asked if the trainee knew something that she didn't know. Although she had drugs and sleep she was still not well so this question did bother the respondent a bit.	
	"But actually if you think about it now it's very, very shocking, no counselling (in a psychiatric ward in the early '90s) whatsoever. None. Hopefully things have changed."	39.34-39.41
39.43	Interviewer asks the respondent if she has been to counselling since.	
	"Yes, when I came out (of hospital for a breakdown) I did. And I also did a counselling course. Cause sometimes when you do a course...I didn't do it to help others; to be a counsellor. It was to go through my own trauma. And I've done a lot of spiritual work over the years. So, yes, I have. And I've probably had about three, four counselling sessions in the last, say, four years. Just by Skype. A really good counsellor in Edinburgh. Just if something comes up I think-Oh, I really need to...I know where that's coming from. Work through that. But, nothing in hospital while you were mentally ill."	39.48-40.21
40.22	Interviewer asks the respondent what her views are on community organisations like GRACE that provide activities for people who have been through trauma.	
	"I think it's essential. I think they are under-funded. There was nothing like that when I got out of hospital. There may have been at the time. But we're going back to a time when there was no internet you could quickly look...I was given no signposts, nothing. When I left hospital it was...Paul came and got me. I had to go to my solicitor to pick up the keys to my flat. There was no support, nothing. Nowhere to go. And I think organisations like GRACE that provide activities and you know...It's all that thing about when people are going through trauma or mental health problems a lot of it's down to loneliness as well so...any project that brings people together, you know, doing activities...I'm a member of the women's shed in Lanarkshire. Not been for a while because I've been busy with work. But, you know, anything that just brings people together."	40.35-41.25
41.26	Interviewer asks the respondent about the women's shed that she is involved with	
41.28	The respondent replies that the women's shed is through Clydesdale Community Initiatives. It was set up last year for women in the area. The respondent said she found out very quickly that she is not very good with her hands. The project is all about up-cycling, building shelves etc. She is still in touch with the girls through Whats App. She says there is also a men's shed.	
43.03	Interviewer asks the respondent about her support system now	
	"Me, My dog (laughs). My dog's thirteen. He would say he was ninety one to be fair. Me. I would say the support system was me. It was self-building myself from the bottom up. When I got out of hospital months later I found out I was pregnant. It wasn't planned. That was another...I wouldn't say	43.09-44.21

	<p>trauma; fright. But, actually, looking back it probably gave me the absolute push in the sense of to better my life and do things before my daughter was born, Theresa. Cause, I then went to college and I learnt about using computers and up skilled and right-I need to get myself up to speed here. And started reading all these positive thinking books. So, maybe if I hadn't of been pregnant I think my recovery may have been slower. I think. I then had to go through a split up from her father which was very traumatic. Court case, blah, blah, blah. That was very traumatic. But the mainstay I kept saying to myself- Well, you lost your parents you came through that. So on you go."</p>	
44.22	<p>Respondent goes on to describe some more of the trauma with her child's dad including the fact he had another child a week before her daughter was born. She does not go into detail.</p>	
45.52	<p>Interviewer asks the respondent if she believed there was a cure for mental illness and if so what would it be</p>	
	<p>"Obviously it depends on what the mental illness is and the severity of it. But I think there are a lot of ways people can be supported. And I don't think necessarily the system of what it is...People going in to get sectioned...And there's various documentaries. I watched one the other night. About people with it's not epilepsy...with autism that are in state hospitals. And you know...and the mental illness. I think if you put people in a cage and tell them what they can't do they're obviously going to be traumatised. So, I don't think a cure but I think support systems, support organisations. You know, buddying programmes, mentoring programme, women's shed, men's shed. I think all these things, to include people, would help."</p>	46.06-46.54
46.55	<p>Respondent said she had read on Facebook about a library in Norway or Sweden where there was a section within it that rather than take a book out there were older people there with young people and they would each spend 30 minutes talking together about their life experiences. So, that when you left the library after an hour you left enriched by their life experience and what you told them. She thought this would be something that could be used here in Scotland where it's literally a drop-in without the stigma of going into a mental health centre. It's a library with a bit sectioned off where you could just chat to somebody.</p>	
48.00	<p>Interviewer asks about society's views on mental health</p>	
	<p>"I think it's, probably, a lot more acceptable now. Certainly after the pandemic, the Covid pandemic. Maybe more acceptable now for young people in the media or celebrities, so called. Celebrities coming out and saying they've got mental health problems or whatever. Although, I do think there can be an issue with people jumping on-I've got anxiety issues. And I can speak from personal experience that my daughter, my youngest, went through a period of that for about five years. And during those five years a lot of it wasn't anxiety issues. Some of it was attitude issues. Some of it was-I don't want to go to college, I don't really want to get a job, I don't want to do this...But the answer would be-'I've got anxiety, do you not understand that?'</p>	48.09-49.36

	<p>So, I think sometimes we can get caught up in the buzz word of anxiety issues. I think it's much more accepting now. And I think what Ruby Wax has done with her Frazzled Cafes is a fantastic idea. It's mostly down in London. But she's does a lot of Frazzled Cafes where she set up these cafes and people just go in and speak to each other. There's support workers there if you want. There's a counsellor there. Covid-a lot of it was online. I think that was a brilliant idea. Just to...just speak to people, you know. But I think it's a lot more accepting now. But I'm not sure with the acceptance and more people coming forward and saying they've got mental health problems.. There's not the support that there should be. There's a gap there."</p>	
49.37	<p>Interviewer asks if there are any objects or songs that remind her of her mental health problems</p>	
49.51	<p>Respondent said that when she hears REM 'Everybody Hurts' she can visualise being back in the psychiatric ward and asking if it was alright to turn the music up. Going to the window and she was getting ready for being released and she realised that her parents were dead and in her head she wasn't going back into hospital. So when she hears that song and listens to the lyrics, she cries, but in a nice way. She recalled talking to her sister about this and was told that because she was a nurse with a family she didn't have time to have a breakdown and the respondent understands this. She described it as people who hover and they don't really experience real downs in life. She goes on to say that people may not have the opportunity to break down.</p>	
51.40	<p>Interviewer asks the respondent to sum up her life now</p>	
51.45	<p>Respondent replies that she is very happy and content at the moment. She has a new building project. Her daughters are both ok. She also says that she found that the resilience from past trauma helped her through Covid.</p>	
53.35	<p>Interviewer asks what lessons she has learned that she can pass to people who may hear this interview</p>	
	<p>"I would say read loads actually. Reading really helped me open a part of my brain up that was closed. About power of positive thinking, self-belief, what you can achieve. I know a lot of people don't like self-help books. But, even reading auto-biographies about other people who've overcome obstacles. Anything that makes you think-Oh, I could maybe do that. Or any training, or any course you can do. I went on everything when I came out of the hospital. I went on a counselling course. I went on a start your own business course that was for a year. I went on a confidence building course. Any courses I could find. I wasn't working at the time. I was temping at the time, that's right, part time to pay my bills. Any course I could get on; that's it I was on. Any learning I could do, any mixing with people, groups to get me out my comfort zone actually really helped me. And I think...There's a great quote that says-'If you wait to the time you've got all your tools together and you feel completely confident you'll never get there. Sometimes you just have to start with the tools you've got and say-'I'm just going to do it.' Cause where does confidence come from. Confidence comes from not starting off saying-I</p>	53.36-55.32

	<p>feel really confident about this. But, just saying-I'll take a chance. I'll try. And then once you've done something you'll be like-Wow, I did that. And then you do something else and you think well... You're back to-Well, I managed to that. So, I'm sure I can manage that. And to me it's passing on confidence. People always say to me-'Oh, you're very confident.' Wasn't born like that. Wasn't always like that. It's through resilience, reading, courses, training, learning... All of that support. So, I would say, confidence and don't wait for to feel ready in life cause you'll never start anything. And it's never too late to be what you could have been."</p>	
	<p>Interviewer thanks the respondent for sharing her memories with the project.</p>	



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