

MY STORY



I am in my fifties now. I was brought up in Norwich, and have worked in London and in several other countries. I was first diagnosed with Bipolar at the age of 18.

I have had several admissions to hospital and have always taken medication since I was 18. During the last 30 years I have had many periods when I could not work and other times when I have achieved a lot. I trained as a cabinet maker, and being self-employed I never had to bother with interviews for formal employment, an advantage if you have gaps in your record!

My last admission to Hellesdon Hospital was for three months. Julian Support helped me a great deal and supported me after discharge. Julian Support understands mental health, Norfolk, and all the day to day problems people come up against; above all the importance of a safe secure home.