



*I'd like to encourage people to be proud of who they are ... encompassing their illness as well.*

*I'm Fay and I have bipolar ... I'm not an illness ... I'm not 'a bipolar' ...*

*Person first, illness last.*

I'd like to encourage people to be proud of who they are, encompassing their illness as well. And don't use stigmatising language about yourself, and educate other people to not do so as well. So, I'm Fay and I have bipolar, I'm not an illness, I'm not a manic depressive, I'm not a bipolar. We are people that have illnesses. Person first, illness last.



*If you're a person with a mental illness, don't be ashamed ... get as much education about it as you can and accept who you are completely.*

*If you're a carer, do the same things ... and do all that you can to take care of yourself as well.*

*We have a richness of knowledge that we can bring to our children.*

So if you're a person with mental illness, don't be ashamed, and get as much education about it as you can and accept who you are completely. If you're a carer of somebody that has bipolar disorder, do the same things: get as much education as you can, accept that this is a physical illness that manifests itself mentally and do all that you can to take care of yourself as well. And those of us who are both consumers and carers, we have a richness of knowledge to bring to our children so that they can learn to live life well with bipolar.