PE1627/V
Stephanie Craig submission of 9 February 2018

I was 14 just about to turn 15 the first time I went to the doctors and got prescribed medication for my mental health problems. It all started because I asked the doctor if I was to young for antidepressants as I was going through a really tough time. The first medication they put me on was fluoxotine. For the first couple of weeks there wasn't a noticeable change regarding my mental health. Then It hit, it hit me hard. My mental health became a lot worse and I became suicidal. I was on fluoxotine for around a year as well as being on other medication for anxiety. In that year I attempted to commit suicide at least 10 times through taking overdoses, trying to hang myself and trying to jump in front of a train. This has left me with lifelong health problems. I wholeheartedly believe this was due to being put on fluoxotine as I only attempted to take my life when I got put on fluoxotine. Thinking back there was alot more that could have been done to help with my mental health. I mean there was no attempts at therapy untill I was 16 but by then the damage was already done. Since then I've been on different medication including antipsychotics and I have been told I have a personality disorder due to signs and symptoms I have displayed since I was 16. I think that my mental health problems have progressively gotten worse since being put on fluoxotine. I also think if I had therapy or counselling before I got put on medication then maybe things would be a lot different. I've been on at least half a dozen medications but the problems are still there and hasnt been dealt with. I think it's about time that people got a voice, that young people get a voice. I think that things need to change with regards to giving medication to young people with mental health problems. To many young people are affected by medication that is meant for adults these medications can cause some serious lifelong problems. I think it needs to be a last resort not a first, things need to change and they need to change now.