

A CARERS STORY

This was the fourth year for the Walk of Pride. We had the same amount of people walk as last year. I felt sad really to think if all the people out in the community who have had a Mental Health Problem had come and walk along side of us we would have filled Civic Park.

The walk to me says to all the people with a Mental Illness it's OK you are not alone, we walk with you. I would like to ask you all why not come join us and walk.

I would love to think we have come a long way since say the 90's. Your answer will tell you I we have closed the door a little on stigma. Now like the last 2 Walk of Prides have been very special to me. I have walked with my beautiful daughter, she has a mental illness.

She is my hero on the battle field. I am so proud of her, and the work she does. I look at her as she marches, head held high, carrying her sign, we shed a tear when our eyes meet.

We know in our hearts why we march for her brother who took his life, he has a mental illness, he battled and lost, and also the stigma that surrounded it.

We march for all who struggle with this also. If everyone could just remember Mental Illness is an Illness not a choice. I could never miss an opportunity to speak of ARAFMI, very dear to my heart.

In my time of grief and loss, the support strength, hope and love I received from ARAFMI, I can honestly say saved my life. If you are a carer, if there are times you think you cannot do this another day, without support call ARAFMI. You will find, what I found, strength to carry on, caring for our loved ones.

