



MY NAME IS

PETE

THIS IS MY STORY

6 MONTHS AGO I WAS JUST LIKE ANYONE ELSE...



HANGIN' ROUND  
WITH MY MATES

SCHOOL-  
MUSIC & SPORT  
ARE THE BEST-  
GCSES COMING UP-  
COLLEGE HOPEFULLY

START  
WITH  
THIS LOT  
PETE



OH YEAH...  
SATURDAY JOB!



FAMILY?  
PRETTY MUCH  
OK REALLY-  
YOU KNOW HOW  
FAMILIES ARE

US ON HOLIDAY  
2 YEARS AGO



AND A GIRLFRIEND!  
( I REALLY LIKE  
THIS ONE! )

6 MONTHS AGO  
I WAS BUSY!  
ALWAYS SOMETHING  
GOING ON - A BIT TOO  
MUCH SOMETIMES-  
NOT MUCH TIME FOR  
SLEEPING BUT HEY!  
LOADS OF FUN &  
STILL MANAGING TO  
KEEP IT ALL TOGETHER  
- SOMEHOW...

I CAN'T BE SURE EXACTLY WHEN THINGS STARTED TO GET WEIRD — SOMETHING REALLY BAD HAPPENED THAT I DON'T NEED TO GO INTO HERE - BUT I WAS COPING OK - OR I THOUGHT I WAS - IF I THOUGHT ABOUT IT THAT IS -



BUT EVERYTHING  
SUDDENLY GOT  
LESS INTERESTING...

DID YOU  
DO ANY  
THING  
WITH THAT  
NEW  
TUNE  
YET?

COME ON  
PETE WHAT  
ABOUT THE  
NEW RAMPS  
THEN?

- EVEN MY FRIENDS ...

I STARTED FEELING A BIT UNREAL.  
I'D HAVE TIMES WHEN I FELT REALLY  
SPACY. IT WAS QUITE COOL AT FIRST  
- A BIT SPECIAL (I MEAN, MY FRIENDS  
HAVE TO TAKE STUFF TO FEEL LIKE  
THIS!) - BUT IT STARTED GETTING  
COMPLICATED - LIKE A SECRET WORLD RUNNING  
ALONGSIDE THE OTHER ONE - AND  
THEY STARTED TO GET IN THE WAY  
OF EACH OTHER.

TALKING TO  
YOURSELF  
PETE?  
WE'RE OFF UP THE  
PARK - WANT TO  
COME?

SORRY PETE - WE  
WON'T BE NEEDING  
YOU AGAIN AFTER  
THIS WEEK. HAVE  
TO GET SOMEONE  
A BIT  
QUICKER  
NOW IT'S  
GETTING  
BUSIER



THEN-



PETE! WE WERE MEETING JON & LILY - REMEMBER?



I'M GETTING FED UP WITH THIS! LOOK-DON'T BOTHER CALLING ME 'TIL YOU GET YOUR ACT TOGETHER -OK?

KAYLEIGH! I CHASED HER FOR SO LONG! BUT AT THE TIME, I COULDN'T EVEN SEEM TO CARE! WHAT WAS HAPPENING TO ME?

AND...



STOP HASSLING ME!!

PETE - WE HAD A LETTER FROM THE SCHOOL. IS EVERYTHING OK??



PETE FINISH YOUR TEA & STOP OVER REACTING



NOT HUNGRY

... NOT ANYTHING REALLY ...

I'M SICK OF BEING HASSLED BY EVERYONE I KNOW  
- AND VOICES OF OTHER PEOPLE I DON'T KNOW

HALF THE TIME THEY  
DON'T EVEN MAKE  
SENSE! I GET  
KNACKERED JUST TRYING  
TO WORK IT OUT...  
AND SCARED

SUDDENLY, THERE'S NO TIME FOR ANYTHING...

I LOCKED MY DOOR  
SO MY PARENTS COULDN'T  
GET IN -

- IT WAS TOO BUSY  
IN THERE  
ANYWAY

PETE -  
FOR HEAVENS  
SAKE COME  
OUT OF  
YOUR  
ROOM -  
WHAT'S UP  
WITH YOU?

LEAVE ME  
ALONE -  
I'M FINE

HE'S TURNING  
INTO A LAZY  
SLOB!

IT ALL FELT VERY UNREAL - BUT IT WAS REAL AND MORE IMPORTANT THAN ANY THING ELSE.

I REALISED I COULD HEAR - AND SEE - THINGS NO ONE ELSE COULD.



IT WAS SCARY, KNOWING I'D BEEN CHOSEN - BUT FOR WHAT?

I KEPT AS QUIET AS I COULD, WAITING FOR THE VOICES TO TELL ME WHAT I HAD TO DO NEXT. I DON'T KNOW FOR HOW LONG - AT THE TIME, IT WASN'T IMPORTANT.

THAT'S WHEN EVERYONE REALISED WE NEEDED SOME HELP ...

MY GP MADE SURE I GOT THE HELP I NEEDED.

WHY AM I TELLING YOU THIS?

BECAUSE I'M TALKING  
ABOUT PSYCHOSIS  
- A SERIOUS ILLNESS THAT  
CAN REALLY MESS UP YOUR  
LIFE ...



IT'S RARE, BUT NOT THAT RARE.  
FORGET ALL THAT "PSYCHO," "NUTTER"  
STUFF - IT CAN HAPPEN TO ANYONE,  
ESPECIALLY TEENAGERS & ESPECIALLY  
WHEN STRESS LEVELS GET OUT OF HAND.  
THERE'S A STRONG LINK TO DRUG USE TOO  
- PEOPLE WHO USE DRUGS ARE PLAYING  
WITH FIRE. LIKE MY FRIEND LUCY - WE  
MET AT A SELF-HELP GROUP I GO TO. I'M  
OK NOW BUT LUCY'S STILL STRUGGLING.

I'M LUCKY MY FAMILY GOT HELP FOR ME  
BEFORE THINGS GOT WORSE.

I'VE HAD TO LEARN TO RECOGNISE  
MY STRESS LEVELS, TO LOOK AFTER  
MY HEAD & BE ABLE TO TALK TO  
PEOPLE I TRUST ABOUT HOW  
I'M FEELING. I KNOW

MYSELF, & MY LIMITS, A LOT  
BETTER NOW. BUT IF I'D BEEN

MORE AWARE 6 MONTHS AGO, I'D  
NEVER HAVE HAD TO GO THROUGH  
ALL THIS - BECAUSE THE SOONER YOU  
GET HELP FOR PSYCHOSIS, THE QUICKER  
YOU GET BETTER. DON'T DO WHAT

I DID - GET SOME AWARENESS NOW & IF  
THINGS ARE GETTING OUT OF WHACK -  
GET SOME HELP TO SORT IT OUT!

TAKING THIS LEAFLET & TALKING IT OVER  
WITH SOMEONE YOU TRUST WOULD  
BE A REALLY GOOD MOVE.



all the best!  
Pete

PSYCHOSIS IS A GENERAL TERM FOR MENTAL ILLNESSES THAT MAKE SOMEONE LOSE CONTACT WITH REALITY. YOU MAY ALSO HEAR THEM CALLED MANIC DEPRESSION, SCHIZOPHRENIA & SEVERE DEPRESSION.

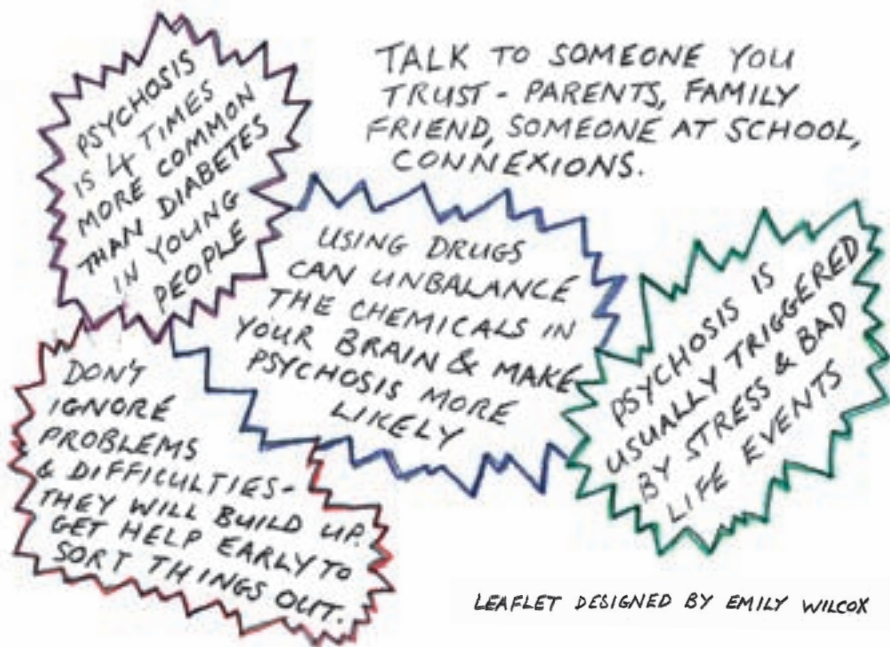
For more information log onto:

[www.getconnected.org.uk](http://www.getconnected.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



LEAFLET DESIGNED BY EMILY WILCOX

The cost of printing this booklet has been kindly donated by Blackmore Ltd. For information on their design and print services, please call 01747 853034 Paper kindly donated by Elliot Baxter.



Mind, 15-19 Broadway, London, E15 4BQ

Tel: 020 8519 2122

Fax: 020 8522 1725

This booklet was written by Mind in Taunton & West Somerset and Somerset Partnership NHS & Social Care Trust. First published by Mind in 2007 © Mind 2007 ISBN: 9781903567784



[www.blackmore.co.uk](http://www.blackmore.co.uk)

To purchase more copies of this booklet contact Mind Publications on 0844 448 4448 or email [publications@mind.org.uk](mailto:publications@mind.org.uk)