



Video: David's Story

David:

00:06

I got this problem.

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Because I had an accident.

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Afterwards, I felt that I had completely changed.

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You do not know if you are the same as before.

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But when you go outside into community,

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before, very easy, it seemed. Now it's very hard to cope with it

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and for me, I just think people don't understand you anymore.

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For Chinese people, culturally we

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don't want to admit that we have this (mental health problem).

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And, our family does not want others to know it either.

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Later on, I came to Australia, where mental health is acknowledged.

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But now there are problems for the Chinese people.

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People with mental disability, they never want to tell other people.

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They keep secret. I don't want to prove to everybody I have a mental disability.

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I just want to be a normal person, you're treating me like a normal person.

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I have the problem, I go to the store, I walk there and stop the shoplifter.

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I go back to the supermarket, I'm very nervous. When you're nervous,

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people think your behavior is weird. They not see what's going on, they just watch you.

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So I become a suspect of a shoplifter.

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We should not suffer from both the illness, and the discrimination from others

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at the same time.

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So, after we have the National Disability Insurance Scheme

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some help is available.

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So, I wonder if this scheme can help me return to normal life much faster.

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After you apply for this scheme, and if you get the scheme and funding,

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Of course, we have a lot of people to see.

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For example, a speech therapist.

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Or a professional person to guide and help you participate in social activities.

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To support you both mentally and physically.

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For example, I received lots of funding at the beginning with someone's help.

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After I did these things, i wanted to help and repay society.

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So, I have done a lot of volunteer work to help others.

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And, even to help others to apply for this scheme.

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The National Disability Insurance Scheme says

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your family member, your relative or your friend can't be your carer.

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I think that the NDIS should reconsider this

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because people with mental health problems

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do not trust others, they rarely trust anyone around them.

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So, it's hard for us to make some of these decisions.

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I think the NDIS is a really good idea for the disability people.

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just something we need to work better, things like that.