

Video: Drama - Understanding

MUSIC

TITLE

Understanding

KARIMA

Asad, you must wash the dishes after you eat.
Leaving dirty plates attracts cockroaches.

MUSIC

ASAD

Karima relax. You're my sister. ok.

KARIMA

I'm just telling you to put your dishes away.

ASAD

Well, you just go to your room and lock the door after yourself.
What's the problem?

KARIMA

I'm fine.

ASAD

People think you're strange.

KARIMA

Asad – How I lead my life is my business;
all I'm asking is for you to put the dishes away after you eat.
....Please!!!

ASAD

Jeez Karima! Are you off your meds?
Did you forget to take them today?

MUSIC

KARIMA

It's really irritating. Anytime you disagree with someone who knows about your mental illness, the first thing that comes out of their mouth is, "Oh my God, are you off your meds?" It's infuriating.

JIHAB

Mental illness is more prevalent than you might think. At least one in five adults experience mental illness in any given year.

DOOR BELL SOUND

JIHAB

Despite this prevalence many people fear being stigmatized if they disclose and therefore they don't seek treatment.

IHAB

Here Asad – mum knows you love her sambousek's

WAFA

Hi Asad. How are you?

ASAD

I'm good. How are you?

NADA

People with mental illness really need our support. All of us need to raise our voices against stigma. Every day, in every possible way, we need to stand up to it.

MUSIC

ASAD

You know, Karima had a go at me today in the kitchen for not doing the dishes. I think she's off her meds.

IHAB

Yea, I know, she won't come out with us any more.

SAFIYA

I stayed up with her all night once and I thought I'd made some ground and the next day it, back to square one.

ASAD

She's just too up tight, she needs to relax and stop acting crazy.

WAFA

Asad Stop.

Saying she's "crazy" stigmatizes her.

Telling an anxious person to calm down is not going to get them to calm them down.

ASAD

OK, Dr Wafa.

Wafa

No seriously guys.

When I was in year 12, my heart would beat really fast and I kept getting short of breath.

So I visited this GP who said that I had an anxiety disorder and I should see a therapist.

Ihab

What happened?

Wafa

I kept hearing people talk about mental illness like, you know, it was attention seeking and that they should just “snap out of it”.

So I thought what if people think I’m just trying to get attention?

And I kept it a secret....

Safiya

Oh Wafa, why didn’t you tell us?

Wafa

I hated lying to my friends but the stigma got to me.

Look Asad, all she really wants is for you to just do the dishes.

But you go on about her mental illness rather than deal with the real issue which is you washing the dishes.

Ihab

Well, Asad I do think she is right.

Safiya

And I agree.

Quiet MUSIC

Jamal

As a distinct community in Australian society we have suffered our fair share of discrimination. It is absolutely not OK for us to be discriminating and stigmatising our own people. It is absolutely not OK to discriminate fullstop.

Music