



## Video: Satish's Story

**Satish:**

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First of all, let me tell you that I've been dealing with these

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psychological issues since the early 90s, and over these last 30 years

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it has put up a huge amount of barriers in front of me,

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a lot of which I could not overcome,

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and I had to withdraw myself from those settings, and some of them

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I've now overcome. And from my own experience in dealing

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with these issues means the mental issues, the psychological issues that I've been dealing with

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for so long, how these conditions stopped me from participating fully

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or even partially. For example, after, even when I was doing my PhD,

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I joined the academia, and it was with great difficulty that I was facing

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my students on almost a daily basis. And it was so severe that

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in the end, at the end of 2012, I had to give up because my body was

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giving up on me, my mental status was really terrible. And the way I deal

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with it, I set myself certain goals, and I try to achieve it.

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I'm happy, I'm quite happy to go along and set myself another goal,

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and then there are a few very decent and good friends who are there,

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who know about my issues, and they're quite happy to bear.

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I've come to an age where I feel that I have achieved most of the things which

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I set out to, I got married, I've got beautiful children,

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and I did a lot of good jobs in Fiji, London, over here.

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I've got nine out of eleven academic qualifications, including a doctorate.

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And I don't think there should be any stigma.

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I think there's millions of people who are dealing with the psychological issues.

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You have to tackle it, you know, forefront. It can be overcome.

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I'm overcoming it, I'm dealing with it,

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and I've reached out to people to help me

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and they generally support you, so

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if you are dealing with these issues on your own,

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or in some other ways and not reaching out to the professionals,

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I'll suggest that you should reach out. There are people

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who can help you, you can overcome it.