

CHAPTER 1.

As I am speaking to you right now, I have a story to tell. A story of hard times, bravery and a bit of humour along the way. I was 15 when I was first sectioned, and I am 25 years old now. Mental health was always a struggle for me but after 5 years of institutionalisation, hating the workers and other patients alike, I have come to the conclusion it is time you hear MY story and how I partially recovered from my illness, due to therapy, medication and the good will of everyone around me.

My name is Antony Milburn. People call me Ant. I was diagnosed with Bi-polar disease at 17 years old. I denied that anything was wrong for a very long time but now I accept that it's made who I am.