

Transcript

After finishing school I just did nothing with myself, I just was on Centrelink and just smoked my life away for two solid years. I found myself here and since being here with this support, I now don't smoke marihuana, I don't do anything naughty really at all. Like I don't have a desire to party or anything, I just work. They put me in housing and since then, I now have three jobs as we've mentioned. I own a car now, got my licence. I mean I've just grown so much as a person being here. And I mean it's not like I couldn't do it on my own but it was just the push that I needed.

And so this place has just opened my eyes to what needs to be done more in the community. Like my number one thing coming out of this, cause I've finished the program now as there's not much more they can do for me anymore because I am working and I live out of the program now. I want to open people's eyes to things like this. Like I didn't know this existed. Centrelink sent me there because I was homeless and I said I'm homeless, do something for me. Self-entitled of course. Came here, was an absolute mess, cried the place down. I was like help me, help me, like and they did and so now I'm just forever thankful for them. Like so many times when I could have fallen back into my old ways Trace would be like get up, go to work, do what you've meant to be doing. I just don't want to be a burden on anyone and these guys don't make you feel like it's anything other than what they want to be doing, helping you.

I honestly could not sing enough praise for this place, like I couldn't. A lot of these places they work, and the programs are amazing but the stigma is just too great to – no one, like I mean no teenager wants to go and say hey I need help. You never say I'm not doing well. Like you know hey how are you, yeah I'm good, how are you, yeah good thank you. That's it always. It's never actually, not good, not good at all, like I really need help. And I just think that that's the biggest thing in the community that needs to be done is just beating the stigma, that's the reason why it took me until I was 20 to ask for help when I could have when I was 15 and I would have, you know I would have been in the position that I am now years ago. More people need to realise that mental health is everything. More people need to be putting themselves into a position to help people in need because you know I would have never considered working in mental health ever, like before I came here. It would have never have been anything that I wanted to do but now like it's one of the main things that I want to do and I want people to find a safe place.