

## **TRANSCRIPT: Mental health**

A person with Foetal Alcohol Syndrome, if their needs aren't met you get secondary disabilities and one of the most common is mental health issues.

Jade does have mental health issues. For years we've been struggling with some of her, I have to say, bizarre behaviour, and it is bizarre. I don't like using the word but I can't think of another way to describe it.

When she gets anxious, she gets a bit of a fight or flight. She realises things aren't going well. She has to run. And if you're in the middle of the night and you know you can't go downstairs because alarms are on, out the window you go. And she also jumped out of the car window while we were driving along.

She was like a manic depressive. She was very, very high, or very, very low and if you said to her go and do something and she didn't want to do it, she would lash out, really badly. And, for example, at Christmas, she smashed the place up and we had to call 999 twice in one night.

I've had some horrendous injuries where she would, basically, beat me up. And she's five stone and I'm 15 stone and I couldn't hold her. It was all very, very distressing for her two siblings, as well as ourselves.

In the end I said, 'We've got to put her on medication or this child is going to have to go in a residential unit', and I knew what that would do to her and us. But ever since they've put her on it, she's a different child. We have problems but not like we did before.

I was at the psychiatrist with her this week and it was really warming to hear her say how pleased she is that we stuck by her and insisted that she had medication because she feels that she's more in control herself, and for a child who's so vulnerable to feel out of control, it can't be comfortable.