Twitter Thread by MJ Leaver



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Do people understand what I actually mean in my bio when I say I am a poster child for mental health. ■

It means I experience a wide spectrum of mental health conditions, and I go to a lot of therapy. It doesn't mean I know everything (or anything). I have two full time treating clinicians. I speak from lived experience, and some days I feel like I know nothing.

Sometimes I am deeply unwell, and still so much risk I need to be hospitalised. Other times I can go speak at a national conference about suicide prevention. It isn't meant to be like some weird humble brag that I am the picture of perfect health.

At so much risk (see, still not proofreading).
I'm really thankful for the pocketfam, for the supports, the friendships, the jokes, the sometimes challenging ideas.
I have no certainty in what I say as being right (often I think it is wrong?) And I try to question and learn

All of the time. I am human, I make mistakes (much bigger ones than my endless typos), I try not to do harm, I try to acknowledge the privileges I have, and I try to use that privilege to improve the world.

Anyway, I'm not any kind of authority on anything (even myself, that self-loathing remains my toxic marshmallow centre). I just try to share things I'm learning and hope they will help other people?

I've spent hundreds of hours in therapy, and thousands of dollars, and one of my ways to "make sense" of the world, is to share things I'm learning, and if you see some commonality, or it helps you realise something, and be kinder to others, or to you, then that's a win.

I know quite a few people who have actually taken the step to go to therapy, or to seek crisis help because of the things I've posted, and it is why I continue to tweet about a lot of this stuff (so thanks for putting up with me.)

And, I know clinicans who have changed the way they frame things after I've shared writing with them (this is something I'm super passionate about, lived experience should inform clinical practice, particularly in hospital).

And I'm not trying to be all like, I am rad or anything, but it has been tough, in parts, for a while, and I need reminders to me, on the importance of connection.