

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol ar anghydraddoldebau iechyd meddwl](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [mental health inequalities](#)

MHI 06

Ymateb gan: | Response from: Andrew Creak

Hello

I wanted to pass on my experiences with trying to access support for mental health from the nhs.

In 2016 I had what could only be described as a breakdown, and was extremely suicidal. The Cardiff police took me to Whitchurch hospital so I could meet with the crisis team, as I live in a different health board they could not prioritise me (they told me this to my face so could have spoke to me then) and suggested we drive to the nearest hospital to where I live where the crisis team was based. On our way there we discovered the crisis team were only on call until 9pm by this stage it was gone 9pm so I had to go home and see the doctor the next day.

He gave me the standard "worksheet to fill in" and went back to see him on the 1st April (I remember the date as it was the day of my dads wedding). After reviewing my sheet he declared "if you were over 25 I would prescribe you on medication but I don't believe in giving it to people under 25... I could try and get you onto a therapist but only if you insist as I wouldn't recommend it"

I was weak and fragile, this doctor clearly didn't care about helping me so I left.

Years later, I went to the doctors again about my mental health, and was just told "exercise more first before coming to the GP" - I'd also like to add at the time I'd been suffering with heart palpitations (possibly connected to the anxiety) and I'd called 111 the night before as my heart rate had exceeded a healthy speed, they told me to mention this to the GP and all he said was "I can't do anything about that".

I have since had therapy sessions with a private therapist paid for by a family member (I could not afford to see them myself) and they said they would assume I do have an anxiety disorder, and tried to give me coping mechanisms, though they don't really work. She also ended our regular sessions when she deemed I was supporting myself enough, and I can contact her when I need her since.

I should not have to go to private therapy because of the NHS being so lacklustre.

I am a proud socialist, I am proud that we have the NHS thanks to a proud working class welsh man.

But he would be appalled by how the nhs is failing the people of wales during this mental health crisis which has been going on for decades.

Mx Creak

They / He

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Yours,

Andrew Creak
They / He