

Tapping into tertiary supports

Synopsis: It's dealing with anxiety or depression in a school or university scenario. And talking to your friends about it and stuff.

Friend: Hey Jenny! How are you, I haven't seen you in ages. You missed class the last couple of weeks?
Jenny: Yeah, I just... been a bit sick so
Friend: Oh that's no good. There's like heaps of stuff going around. I had the flu for a bit.
Jenny: Yep.
Friend: What did you come down with?
Jenny: [fidgets with paper] Umm yeah. The flu.
Friend: Are you alright?
Jenny: Yeah, I'm good. Just been a bit sick, so...
Friend: You just don't seem yourself. Are you sure everything's alright. What's happened?
Jenny: Umm [nervous] actually I went to the doctor...
Friend: Yeah
Jenny: ...the other day and it's just. It's a bit more than the flu. Um, he said I have depression [laughs nervously]. So it was a bit yeah, and anxiety so umm, but it's ok cos they gave me medication. Which is a bit um, I don't know I feel weird about that, but...
Friend: Did they put you on to anyone to talk to?
Jenny: No they haven't yet
Friend: I actually had like, anxiety and problems like that a couple of years and my mum sent me to student services and the uni is soo good. They've got some really good people down there. Have you talked to anyone about it?
Jenny: No, so you've been to talk to someone?
Friend: Yeah, just go see... Have you seen a counsellor?
Jenny: No
Friend: The uni, you should go the uni, go talk to the ladies down there. They're so good, and I know it's like this big stigma...
Jenny: Yeah [laughs]
Friend: ...you think people are going to have big issues with it, but like 1 in 4 people have depression these days at some point in their life.
Jenny: Ok. Have you been to the ones there, can I [trails off]
Friend: Yeah they're really nice.
Jenny: Would you take me after class, or?
Friend: Yeah sure, did you want to go just after class?
Jenny: Yeah
Friend: We'll go together
Jenny: Ok
Friend: Ok, cool!
Jenny: Did you do your homework?
Friend: No
Jenny: No, me either.
[Audience laughs].

*Thank you to Courtney, Brianna and Campbell our wonderful cast
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