

## **Eddie...My Story**

**Eddie, 59, Station receptionist, experienced a breakdown following a difficult working relationship with a line manager and the loss of a much loved pet.**

### **About me**

I am usually quite an outgoing person, I like to watch TV, read, and sport. I have worked for Network Rail since 1994, and after 21 years it has now become part of my life. I have some good friends past and present I have met along the way.

My breakdown happened 4 and a half years ago, it was difficult at time but I am pleased to say I have managed to get over it. I can sometimes have the occasional relapse but nothing too serious; everyone gets good and bad days.

The way I was feeling affected my work terribly and I was feeling under increasing pressure. I started to care less about my work and the quality of my work became lacklustre and shoddy. Finally I felt that I could no longer cope with the work which led to me having to take quite a large amount of time off.

### **Support and Managing my mental health**

In the end I got the help I needed through talking with care first, where I went through face to face counselling, just talking about issues started to help ease the pressure I was feeling. I also had the support of my long term partner and friends at work and which was a great help when starting to think about returning to work. In addition I had what we called Child therapy - spending quality time playing with my granddaughters.

### **Where I am Now**

Things are much better now I no longer have any contact with the line manager who was the cause of the problem. I have a new pet and I have good support from family and friends. I have changed my lifestyle slightly to help, I do exercise including a lot of walking I also started listening to my music again which is something I had stopped doing for a while.

If you are going through anything similar do not just ignore it do not be afraid to get help there are many ways out there to help you see it through.