

# plentyfishy

## Do I have to include a tagline?

### I Want To Be Me

I want to be me. I have a wife, daughter and a brother, but I also have two sisters and a mother; two sisters and an 85 year old mother who would profess to be loving, caring, professional people yet have turned their backs on their disabled brother and son. I don't fit.

This isn't a rant against my family though, it's a rant about the way mental health illnesses are stigmatised. I used to be a high flying Headteacher, highly successful and in charge of a massively oversubscribed school. One day, near the end of one Summer holidays, I cracked. I'd rarely had a day off work, then I had 18 months off before having to take retirement on ill health grounds aged just 40. I suffer with severe depression and anxiety, dissociative fugue states where I wander, taking on other personalities and very recently have been diagnosed with Asperger's Syndrome.

I'm trying to come to terms with the Aspergers diagnosis still, it explains so much of my past, and especially behaviours which since my breakdown have caused me to feel mad, insane, isolated. I have lost everything, my career, my income, my house, but more importantly than any of this I've lost my credibility. Why? Let me explain.

As a direct result of my mental health issues I've been victimised and bullied to an horrendous extent. The bullying has always been over the internet – it's so easy to type evil words to faceless people who you'll never meet. Owners of consumer forums, who profess to care about the vulnerable, have sent me emails encouraging me to commit suicide, offering to 'lend me their Dyson cord as it is nice and strong' and to 'go and play with overhead train cables'. Hardly things anyone would say to someone with a record of attempted suicide and known serious mental health issues. More worryingly when this person then lies about me, his little crowd of devoted members believe blindly, not asking obvious questions for him to corroborate his lies. His bullying, threats and appalling behaviour are brushed under the carpet, they don't 'really' exist – unless, of course, you're on the receiving end of them as a vulnerable, disabled person.

In addition my two sisters and mother have disowned me. This is as a result of one short argument which took place at a very stressful time last June when my father was dying. The stigma attached to my mental health has led to outrageous lies being told of how I tried to attack my sister with a walking stick – witnesses will tell otherwise. The lies were spread around family and friends thus isolating me to such an extent I couldn't even attend my own father's funeral.



Since the Aspergers diagnosis a couple of weeks ago, much was explained and I tried to make contact with one sister again, she wants nothing to do with me. I've tried many times over the past year to 'be allowed' to visit my own 85 year old mother, but she apparently does not wish to see me. I have phone recordings of my sisters telling my mother to hang up on me – one is a Headteacher of a school with a huge percentage of special needs children, the other an ex-Health Visitor and wife of a GP. These are people who should understand, but having a brother who has mental health issues and Autism does not fit into their picture of 'Happy Families', it's more convenient to turn their backs on me and be discriminatory, to stigmatise me.

I wonder how the parents of children at the one sister's school would react if they knew the reality of what she is like. Both discriminate against a disabled brother terribly. The owner of the consumer forum and many of his 'followers' have behaved appallingly, lying, running me down, mocking me, encouraging my death and making threats which have put me in mental hospital.

I'm reasonably intelligent, I must be to have achieved what I did. I worry about the mentally ill who are unable to speak for themselves as eloquently as I may be able to. The system is rigged against us. The public perception is very much against us. The reality is that mental health stigma is very much alive and kicking.

The saying 'Actions speak louder than words' is so very true in this case. It's easy to talk the talk. How many, when push comes to shove, will actually stand alongside those of us who are severely mentally impaired and join us in our fight to end the stigma?

I don't want to be abandoned. I don't want to be bullied. I want to be allowed to come to terms with my life as it is now, and will be for the time I have remaining. I want to be allowed to be me.

## Comments on: "I Want To Be Me" (22)

**darklord** *said:*

March 10, 2015 at 3:22 pm

try stop being a twat then!!!

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 4:59 pm

As this reads at present, save the stupid comment above, this reads very well. There are a couple of minor inaccuracies, but then you're not the actual person, so one would expect that. I wonder if it will remain as it is, unedited, so it remains accurate.

For once, one has to say, well done. A credit to an otherwise dreadful website.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 5:13 pm

A couple of minor inaccuracies? You do like to make yourself look very silly don't you?

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 5:33 pm

Not at all. Are you not able to accept a compliment for a good piece of prose? The minor inaccuracies are just that, minor. Dwell on the positive, as little else about this site is positive.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 5:38 pm

Please, if you could be so gracious, direct me to the errors.

★Like

Like

**darklord** *said:*

March 10, 2015 at 5:45 pm

Why he is posting as a female again?!?!?!?

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 5:46 pm

Time of the month.

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 5:47 pm

I'm sorry, but I do not feel any grace towards this site. I will let you review your own writing to identify the rather basic faults.

I applaud this page in its current form, though my worry is that it will be edited to something less than pleasant before long. Let's hope I'm wrong.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 5:52 pm

Let's be fair, the subject matter couldn't get any less pleasant, could it? Oh and any basic faults? Not by my hand boyo.

★Like

Like

**darklord** *said:*

March 10, 2015 at 5:49 pm

Yeah right! At his age his eggs are so dry they'll be powder!!!!

Bizarre that we are talking about a man pretending to have eggs though!

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 5:53 pm

Maybe that's why he has the word Womb in his name.

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 6:01 pm

Ah, so you copied and pasted the above? If not, it was by your fair hand. Either way, it has inaccuracies which are YOUR errors.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 6:30 pm

Nope, not my words. That's the trouble with lies Labrat, you can never remember what you wrote last time. I can give you the link if you like.

★Like

Like

**darklord** *said:*

March 10, 2015 at 7:08 pm

LOL! One might be expected to remember what one had written. You may rest assured the error is completely your own. I'll leave it there for now, it will give you something on which to ponder.

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 7:09 pm

Excuse me, but please explain how my comment has come out as darklord? It was made by me.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 7:16 pm

Perhaps another fugue state?

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 7:15 pm

I am unsure what is happening here. A post I made appeared as darklord and has now vanished entirely. What it said was the inaccuracies are entirely your own, I'll leave it there for the time being. You can spend some time reflecting on the issue of the errors you have made in the above

post.

★Like

Like

**plentyfishy** *said:*

March 10, 2015 at 7:18 pm

I reckon you've forgotten where you wrote this particular rant. You did the same with Freaky Farter, 'forgot' you wrote it.

★Like

Like

**Cauldron Kate** *said:*

March 10, 2015 at 11:22 pm

Really? How interesting? Another false assumption then. Not only do I know where this 'rant' was posted, but I note the omissions from it.

Have you found your mistakes yet?

★Like

Like

**plentyfishy** *said:*

March 11, 2015 at 12:02 am

God you are soooooo boring.

★Like

Like

**Romulus** *said:*

March 20, 2015 at 9:36 am

How can there be any mistakes when Kate wrote it all himself? God that sounds so weird! Surely he's not claiming he DIDNT write it?!?!?!?

★Like

Like

**plentyfishy** *said:*

March 20, 2015 at 10:58 am

Freaky Farter 2? Like I've said, he is the only one who has mentioned his siblings, including naming his brother and where he works, on a forum, several times – even calling him a dickhead.

★Like

Like

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