

## **TRANSCRIPT: Jade's medication**

If I don't have my medication and we get into an argument then things like kicking, punching, spitting, biting, swearing will occur.

At the moment, I'm on Circadin, which I have sometimes to help me sleep because I'm a really bad sleeper. I take Risperidone for anxiety and Ritalin just to help my behaviour and this other one which name I can't remember but it's also for behaviour. I used to take one that wore off towards the end of the day, so by the time I got home I'd be very hyper and Mum and Dad wouldn't be able to do anything about it, which caused problems. So now I've got medication where I can work good through the day and at home.

Since I've been taking the Risperidone I feel a lot calmer than I used to. Like, before, I would lash out and stuff and it would get to the point where I'd run away, like, at one point I did jump out my bedroom window thinking I was going to Australia. That's the intensity of it. But now I'm on Risperidone nothing like that's happened really. It makes me feel more in control, of myself, not in control of everybody else. Risperidone helps me cope with my life because it stops me from lashing out at the people I love and then I don't feel guilty.