

## **David**

### **Emotional and psychological support**

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At first it was it were like a bombshell. And people you have to tell, your workplace, your family and personally. But the help I got was from the psychiatrist, psychiatry team, linked with the neurology team at Hallamshire in Sheffield.

And they were brilliant. They asked me if I wanted to do like psychology, with psychiatrists, like counselling and I've had counselling before.

So I were like, yeah, yeah, do it. 'Cause I, I knew it were going to help. I knew it were going to help me with dealing with the bombshell what comes with MND and having to process everything. So I will like, yeah, I'll do that. Yeah.

Coming to terms with it, not being afraid of like, 'cause I knew what were happening with my body and like learning to cope. Like coping mechanisms with like being in public and also like when you have a bad day – and you do with this – you'll have a bad day, your emotions will go from being happy to sad in an instant. And the coping mechanisms what were like given to me by a psychologist to deal with that.

It were like the things, what, if they were a trigger. Like what had upset me. We spoke with the psychologist about like focusing on a specific item and kind of what is that for? And it's, it was like a distraction, but it worked. And we went through about three or four. But that for me, that was the one that stuck out and that was the one that helped me the most. It were like a distraction off it, but keeping me, not letting me get upset about it.

We did talk about friends because I've had friends and who I thought were my friends and now they're not. They've just disappeared. I think it were like educating me on how different people deal with it.

Stay with people who want to be with you and don't concentrate on the ones that don't. So yeah, it were like. Yeah, quite emotional, but at the same time, again, very educational.

And I do swear by the psychiatric health you get from psychologists. Yeah, it were brilliant. It were very good.