

**Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#)
ar [anghydraddoldebau iechyd meddwl](#)**

**This response was submitted to the [Health and Social Care](#)
[Committee](#) consultation on [mental health inequalities](#)**

MHI 05

Ymateb gan: | Response from: Tanya Harrison

Hello

Im over 18

I'm writing about my own experiences.

I don't mind if the contents of this email is shared.

Most mental health services are run by charities.

I have had an amazing experience of Mind, they were excellent.

But unfortunately my experience of doctors & mental health not so excellent.

I went to doctor to seek advice ,knew something was wrong just didn't know what.

After few questions & blood test I was told it was 21st century living !

In fact it was start of severe depression, which was picked up by another doctor 5 months later when things had got very bad.

Also to access counselling from the GP I've waited in past for 9 months then it was just 6 sessions and nothing else. I've been very fortunate to access counselling through my work and this has been beneficial . Once I saw a counselor within a week and it was ongoing for months .

In past when I've been to my GP regards anxiety and depression they have always prescribed medication ,hardly ever was counselling discussed or other ways of tackling the situation.

Maybe more training on part of Gps and more access to counselling quickly.

Personally in past I havnt been able to phone charities for help with mental health as using phone causes bad anxiety , so maybe more ways of contacting other help or for GP surgery to help with this.

Hope this information is helpful.

Tanya Harrison