

## Alex Buttimer video transcript

I am Alex Buttimer.

I grew up in Walthamstow in North East London, and I was known around the community because I would, if anybody wanted me to, I would turn up and paint their rooms. Like, you know, I'd do that a lot.

I really enjoy doing it. Something I'm finding quite hard at the moment is obviously my landlord doesn't particularly want me to paint the whole house without his permission, but I do.

So, yeah, I think I'm quite creative.

I want to help other people. I think that's my biggest thing, really.

I'm the kind of person who surprises people a lot. I think I often don't behave like I look, like I will. That's the reaction I get from people that I meet sometimes.

In life, I'm inspired by my family. My mum has been through a lot. She has mental health problems like I do.

I have psychosis. That's a very, very scary word.

My 16th birthday was a month before I was hospitalised and then my 17th birthday was the same month that I was discharged. So, I was in for a year.

I knew the only way that they would let me out was if I was, if I could prove that I would go into full time education or full time work.

And so, I got on one of the hospital school computers and I put the application in through the gov.uk apprenticeship website, and then for the first week of having the job, I was traveling from hospital to work, because they said that if I didn't come back in the evenings they would section me.

And then I stopped going back to hospital, but what I learnt in hospital and what I have learnt is you are worth so much, because you didn't choose this. This is not your fault and you deserve better.