Miranda's* story

The Future Focus Early Engagement project has supported Miranda with her mental health. This is her story.

We can all experience difficulties with our mental health. Psychosis is a mental health condition that effects 50 people out of every 100,000 in Bradford, compared with a UK average of 25 out of 100,000. Psychosis can have a gradual onset, and if treated early, can reduce the likelihood of a Psychotic episode.

The Future Focus project offers Psychological Support to young people aged 14 – 35 across Bradford, who may be assessed as "At Risk" or vulnerable to developing Psychosis. They may be seeing or hearing things that others can't, or have strange or unusual beliefs and want to understand and cope with these experiences.

Miranda was referred to Future Focus Team in May 2021. She engaged with Recovery Coordination support and had a course of Cognitive Behavioural Therapy.

Miranda said: "I came to future focus two years ago. I had bad anxiety, depression, and I was seeing people and hearing things that others didn't.

"I thought I was going mad, or that I had schizophrenia. When I had looked into schizophrenia online it had shown that it was hereditary and was likely to show up in mid-late twenties. My dad has schizophrenia so I figured that must be what it was.

"My therapist has helped me realise that just because I was having a few symptoms of psychosis that didn't mean that I was schizophrenic. Future focus and Clair have helped me put in place resources to manage the anxiety I feel and have given me ways to stop my depression loop.

"My time with my therapist has helped me become a more confident person, I still have my bad days, but they are fewer and more manageable with the support network I have.

"I have learnt that I am capable of handling anything that comes my way, and that if I can't handle it on my own, I can rely on those closest to me to help."

Thank you to Miranda for sharing her story, as well as Clair and the Future Focus Early Engagement team for their amazing work. You can view more information about the Future Focus service on the Bradford District Care NHS Foundation Trust website.

Please note that this name has been changed to protect anonymity.