

DMM ep 3

Sly: and even still today, I've, I'm still overcoming not only the, the external other peoples, um, kind of stigma that they put on others, including myself, but I'm dealing with my own judgment kind of judging myself and turning that old view of mental illness inward.

Uh,

Mina: Hi, I'm Mina Tobias. And this is Don't Mind Me, a podcast designed to open up the conversation about mental health, without shame or judgment. I'm here with my mother Madchen Amick, and today we have the privilege of having our wonderful, my grandma, Judy, my mom's mom and my auntie Shelley. And it's very rare that we have all of us in the same place at one time.

So I'm going to let my mom introduce them a little bit further.

Madchen: Well hello guests, special guests for today. Judy is my mom, Shelly is my sister and Shelly and I have the same dad, but different moms. We did grow up together here and there, but not primarily in the same household mom, you were born in 1943, correct?

Pendleton, Oregon, born and raised

Judy: That's right.

Madchen: Okay. And, uh, your dad. Ed, Edwin, you and your mom, Esther, they had two girls, you and your sister, Vonnie, right. And Yvonne is how much older than you?

Judy: Five years,

Mina: five years. Grandma. Judy, I have always been so fascinated by this, that you are. An independent woman, we can get into all of the craziness you've gone into in your life.

How did you, when, when you had my mom, what did you pull from to start raising her? Who was like, did you pull from your dad and, and the experiences you had of him raising you? How did you manage, uh, raising such a crazy little

girl as my mom, um, all while being the wonderful, independent woman that you are too.

Judy: I think you've forgotten that we were both a little crazy.

Mina: No, I have not at all.

Judy: So we all embrace it. We, we got along fine. And so I, I didn't really pull from anybody's experience. I learned how to pick and choose man a little bit from my mom and from my sister. But as far as raising Madchen, It really never seemed to be a problem.

You'd have to ask her her problems.

Mina: do you think to some of those experiences cause you and my mom were always so open. So happy for us girls to spend time together. Never a bad word about the men, never anything. Do you think that that was part of your experience? Like just like kids be kids?

Judy: Yeah. I think it's important for a child to know both parents and I couldn't see being vindictive over anything.

And, you know, I think every marriage has its adjustment and its problems as your dad. And I did. Yeah, but it didn't change how we raised you girls. It just didn't. He was a good dad. He also was not a very good husband, but he was a good dad.

Madchen: So you left home, you went off to seventh day Adventist high school.

Judy: I did boarding academy

Madchen: boarding academy. And is this when you started feeling like your independence? I mean, it sounds like you were always very independent spirit in general. You're always hiking up your skirts, cooking hot dogs out the window.

Judy: We weren't allowed to have meat at the academy at Adventist.

Didn't believe in eating meat. And so I wasn't raised that way. My parents both ate meat. Oh, okay. So, you know, it wasn't like, that was my first fling on me. Right, right, right. But yeah, I started being independent because dad worked

nights and it was just, he and I home at that point, Yvonne had already graduated and gone on to marry.

So as a teenager, I got a little wild. Well, maybe a lot. I don't know. Anyway, he felt like I needed to have some structure that he wasn't supplying. So he that's, when he decided that I should go to the boarding academy, it was guys and girls. So it didn't really keep me from being a little. Wild.

Mina: What were you going to say there grandma?

Judy: In saying that? I mean, I always had a boyfriend. Okay. So, but it was an experience that I cherished to this day. I had met some wonderful friends that I still have now that I roomed with at the boarding academy. And. Uh, I I've I've gained so much because I went there and I think I could have really gotten into a lot of trouble if I had been at home due to the fact that I didn't really have much in the way of rules.

Or anyone there to see if I did them, did you know, behaved. So anyway, it all has worked out wonderful. I have a wonderful daughter and granddaughter and grandson and a second family daughter. And so if it all worked out well,

Mina: well, so I, that was, uh, I wanted to jump forward to you found your way to Reno, Nevada.

I'm sure many adventures somehow brought you to Reno, Nevada.

Judy: I came for a divorce.

Madchen: That's right. Did you come? It was a quickie divorce. Wasn't it?

Judy: It would it meaning it didn't have to be for me because I decided to stay, but yes, Reno and Nevada, all of Nevada I think is well known for, uh, having the six week occupancy rule to be able to get a divorce.

Lot of movie stars and, and well-known people came here for divorce in olden days, olden days, old and tan, and they would stay at the ranches. I can't remember what they used to call them. Dude ranches. The women would stay there for six weeks and play around and have fun. And then when they got their divorce, they would throw their rings.

In the Truckee river as a symbol, and then you would see people down there snorkeling for those rings.

Madchen: I'm sure.

Mina: I was going to say, yeah. Right. Did you throw your ring in the river?

Judy: No.

Madchen: Okay.

So then, so you stayed in Reno and then you saw this, uh, handsome guy up on stage, right? What.

Judy: That was Harold's club in the silver dollar bar.

He was playing bass with the Craig Givens Trio. It's kind of bad. I, told Madchen was going to paint me in a bad light, but actually I had a choice between the drummer and the bass player. And. I flirted with both of them on stage. Decided on the bass player.

Mina: Good choice.

Judy: Sorry.

Madchen: Yeah. So that's how you met my dad. That's William Ameck. Also known as Bill also known as Bobby McGee since he had Bobby McGee band. So when you met him, he already had a daughter over here sitting next to.

Judy: Yes, he did, Shelly. Yeah.

Madchen: Um, so how, how was that like, were they freshly split up or had it been a while?

And so he was, he was, you know, like had Shelly sometimes. So you sort of were going into this relationship with a man that already had a past an ex a daughter. How was that? Did it bother you?

Judy: He told me. I've put him on the spot now. No, I mean, he, he told me that they had been separated for a long time to find out it hadn't been all that long.

Madchen: Oh, okay. Okay.

Judy: So anyway. Um, yeah. Cause Madchen, I think you were only about two weren't you when I met your dad?

Madchen: I think so.

Judy: Yeah. Yeah. And, and her mom was hesitant at first to. Send Shelley to visit because she didn't know anything about me. All she knew was that I was some dame that picked her husband up off the stage.

So it was probably not a very good situation at the beginning. Thank goodness we became friends and she. Allowed Shelley to come and visit us. And that was a lot of fun, especially when Shelly would get in my underwear drawer and come out with my bra on walking around this nice. She was about two and a half, maybe three.

Oh yeah. Before Madchen was born.

Madchen: Yeah. So then that leads us to Shelly. So Shelly, so our dad was married to your mom, had you, but then they split up and then your mom remarried.

Judy: Yes.

Madchen: And then they actually had a lot of children. So you have a lot of stepsiblings. So what are all of your siblings? All. Your mom

Judy: and my stepdad, Greg?

Yes.

Madchen: Okay.

Judy: And so I have six more after. And I'm the oldest from my mom.

Madchen: So what was that like for you growing up? I mean, obviously you knew that you had a different dad, cause you had this, you were visiting your

dad and stuff, and then they had all of these other brothers and sisters. I mean, you obviously probably went into an immediate caretaker role because you're the oldest, right?

Judy: Yes. Yes.

Madchen: Taking care of all these little, little kids running around, but it was there something in that situation that made you feel different or. Like, did you, did it make you feel different than you had a different dad? Do you feel like you were treated any differently?

Shelly: Sometimes my mom would catch herself and say, well, we'll bring Shelly and the kids.

And I used to say, what, well, aren't I a kid like, you know, and it's, so that has stuck with me. But for the most part, no my stepdad was absolutely welcoming, loving, raised me, just like one of his children. I learned later in life that our dad, my mom and my stepdad would all talk and have kind of a group understanding of how I was being raised.

Madchen: Oh, that's good.

Shelly: So that was nice.

Judy: And our dad, when I was coming to the house, sit down, relax. Like I never felt any reason why I couldn't go there shouldn't go there. They were all very graceful in handling that. And I really appreciate that.

Madchen: Yeah, that's great. So I remember you, like, I don't really remember the younger years when you were coming up.

When I was really little, I hear them from you guys, the stories from you guys, but I do remember when you came, I would, I would visit dad's. Mom, you raised me, you were the primary caretaker. Um, so I would visit dad on weekends and holidays and summers and, and that kind of stuff. So he was very much in my life, but it was, it was you and I, you were raising me.

And, um, but then I remember at one point you came to live with dad, um, up in lake Tahoe. So what, what brought that on, why did you leave home to come live with him?

Shelly: So I was a very independent teenager thought that I knew everything and you know, I really didn't need to finish school and I didn't need this and I didn't need that.

And I should just live with my dad. I would have so much more independence and he's so much cooler than my mom and my strict stepdad. And, oh yeah.

Madchen: So this was grass was greener on the other side, for sure.

Shelly: Yeah. So I learned that it's not, and

I may, you know, drank and partied and was so crazy in high school up there. Cause it was all new people. And I was this new girl from Southern California. And so it was absolutely crazy. And then ended in a huge. Fiery blaze. You know, I had decided that I could stay out all night. It wasn't that big a deal.

And dad came and hunted me down and took me out of there and put me on the plane and called my grandma, my stepdad's mom. And my parents had said she's on her way back.

Madchen: So how long did that last, before that happened?

Shelly: Did not go well at all. I don't even think a year. I am pretty sure. Six eight months, you know?

Madchen: Yeah. Yeah. And then that stopped you guys from talking for a long time.

Shelly: Yeah. Yeah, because now in hindsight, of course he was super fearful and was so upset and I'm sure, afraid and looking for me. And I was just, you know, partying way having a good time, but then we got into actual physical fight.

Madchen: Oh.

Shelly: And so.

Judy: I was young enough and very stubborn that, you know, how dare you do that to me, you know? Yeah. And so I had that chip on my shoulder, which is not right to physically get in a fight with your children, but it could probably

have been worked out and solved a lot better. And my mom. Is very, uh non-confrontational and just let things go.

And then sadly, he passed away

Madchen: before you can reunite. Yeah.

Shelly: Yeah. And so it was nice. Cause his mom, our grandma. Told me, you know, how they had talked about it and how he had wanted reach out and talk to me. And so it was very nice that to hear her side of it as well.

Madchen: Yeah, yeah. Yeah. I remember that. Like he always, like, he really regretted it.

He was always talking to me about it and fear that he handled it wrong and just really wanted to. You know, always like wanted you to know how much he loved you and, and was trying to get that re reunion back together. And it was interesting because then we have another half sister Sadie, so she's our younger sister, another, another mom, lots of girls, lots of wives.

And, um, she, so same thing where they, they had a breakup and her mom didn't want. Um, our sister didn't even know that dad existed.

Shelly: Yeah.

Madchen: And, um, so that was like that. I always remember that being something so much that just like, he was so sad about it. He loved his girls and he just wanted to be able to have Sadie know that he wanted to be in her life and for you to know.

And so then I ended up doing a show called twin peaks. It was like one of the first things I had done and my character was Shelly. And that's what, how you and I got back in touch with each other. Yeah. So I remember you somehow. I don't know how you found me, but you reached out and you're like, wait a minute, Shelly.

Shelly: we were working while you were, you shot that in LA and I was working on a different job in LA, cause we're both in the film industry at that time.

Judy: She located you before then she went and spent some time in summer. And that's what gave you the idea that you could go to LA she's part of, she was part of the escape plan for sure.

Madchen: yeah, so I had come down at 14. And actually dad was in a prison. It for a year on a real estate deal. It was a very like mail fraud, mail. It wasn't mail fraud, mail fraud. So I remember aunt Barbara, I think it was grandma and I drove down to visit him. And R and Barbara is his sister and GG grandma's his mom.

And so we came down and so I was like, Hey, let's, you know, go even further down in. I want to visit Shelley in LA. So they dropped me off and I know that they were a little bit worried about, oh, we're, you know, we're leaving her for a bit. And. You just kind of showed me the ropes and you'd be like great older sister.

And I was basically like, okay, so this is my, I really want to move down and I want to be a model. I want to be an actress. How do I do it? And I think I ended up meeting.

Shelly: I introduced you, some of my friends that were yet. And then I got the same agency as one of them.

Madchen: Yeah. Elite. So I got a. Coveted meeting with an elite agent that you just can't get

Judy: and you went down and an elite would not sign you because you were too short and you went and sat in their office day after day after day until they finally said, okay, we'll put you in a new project.

We're going to start called new faces.

Madchen: That's a piece of the puzzle that I don't really,

Shelly: cos you were

six miles shorter smiles that ever signed at the time.

Judy: Exactly.

Yeah. They actually made, made up that classification because they liked you so much and you were so persistent

Madchen: sounds about right.

Sounds about right.

Judy: You know, and that being that

being was the main reason. That your stepdad. And I could let you go down at 16 to live because we knew you weren't a party girl. Yeah. That you had a plan. Yeah. And by golly, you were going to do that plan and with the strength of your mother,

Madchen: Yeah, well, obviously we were, we come all of the women in our family, quite strong, strong personalities.

That's what sort of, I think, brought us back together. And then just from time to time. We've lost contact you and I Shelly. But then we come back together again. So then about, I think it was about five years ago you came to visit. And at that point we were a few years into dealing with our son's diagnosis Sylvester's diagnosis with bipolar disorder and through just sort of sharing with you, what we're going through.

You started sharing with us that you had actually had a boyfriend that also had a diagnosis of bipolar, and we started sort of sharing experiences. Sort of it's it's a reminder that yes, we all have unique experiences and yet there's so much, that's so much the same. So I just thought it would be great to get your perspective, because obviously we can speak from being the mother of the father of the sister of, but what's it like when you have, when your loved one, meaning you're a romantic.

You know, mate is going through that and the things that you went through, like when you met him, I guess, how far into your relationship did you sort of start seeing that? Okay. Something's going on here? Okay.

Shelly: So we met and got married and when we very first met, he said, I have had a problem with depression, and that was very honest and very clear.

And I asked how he dealt with it and he told me. But I had never personally been through that level of depression. I believe that my mom had fought some

depression and kind of in her day, like, you know, we keep that quiet. We disguise that. Well, we, you know, I think you and I have said that like at, you know, with our parents' generation, it was something to be ashamed of, not something to be done.

Madchen: Right.

Shelly: And so in my experience in my upbringing, you know, girlfriend had broken up with somebody, you drink a bottle of wine, you had bought chocolates, you talk about their plans, how they're going to get through it. And that was a depressive episode to me. I had never actually really hardcore experienced it.

So we go on our honeymoon. We go to Cancun and there's hurricane coming. So I'm like, well, we should probably move from our hotel on the beach, move inland a little. I've spent a lot of time on the coast and in Hawaii, and we're not going to be able to fly out of there or do anything. So we should at least just get the higher ground, get safe.

And he left, went down to the front desk and just left, just disappeared for hours and hours and hours and hours. So I was like, well, I'm not really sure what to do here. So I went and found another hotel and I told the front desk where I went. And so he did show up and we went, for some reason, we went to a restaurant and got some food and water and he was kind of laughing at me.

And I was like, no, this is like a serious situation. Like, we're on our honeymoon, like, why would you leave? And it was in that moment. And that was like his whole personality changed. That I was like this, there is something really, that's not clicking here.

Madchen: Did you think it up for any reasons you think, like, did he go take something or did he smoke something or like, was there any suspicion of that or,

Shelly: yes.

Madchen: Okay.

Shelly: And I am like ridiculously naive in that when he's like, no, I was just really freaked out. No, he went and got high because the stress, or he went and did drugs or whatever, the stress of that situation. Was completely real and there

was nothing he could do about it. Right. In hindsight, now I can see that much better.

Madchen: And so was he on any medication or had any diagnosis?

Shelly: No.

Madchen: Okay.

Shelly: So we would have these huge fallouts and then he would just start melting down and it took me a while to not take it personal and to start saying like, well, what is going on? And then. He would want to just stay in bed all the next day and be like, well, just being depressed and lying around you.

Can't that's not it. You got to get up, you got to do something.

So this had gone on for years and now we have gone to counselors. He has been diagnosed a couple of times, bipolar schizophrenia, bipolar, and he would do good and feel good on medication. As soon as he felt good, he didn't want to take the medication anymore because he feels good.

Madchen: Right. Which is a classic. And it happens as soon as you feel good, like everything's working. People will go off their medication because they're like, oh, it's good. It's fixed. I'm fine. You know, but really that actually means now that medication is working, you got to stay on it.

Shelly: I think it was too boring to feel level because most of his life was full of drama.

And that feeling of being up and down. And I think that was some of it. He hadn't adjusted to just a normal feeling. Um, we're going to go to the doctor and it's, we've had a lot of bad days. I've convinced him to get into the vehicle. We're driving on the 101 freeway. There is a mental health hospital and I am.

Three lanes from the shoulder and he decides that's it. He's not going to go. And he starts pushing open the door and against the wind of the freeway. Thank heavens. It's a lot. And he is trying to get out of seatbelt and get the door open and I'm literally screeching to try to get out. And he jumps out at an almost stop.

The freeway

and goes into a shopping center. So I slowly get the car back together, go drive around creep around and thank heavens. He went into a dentist office and that woman at the front desk was remarkable. She talked him down. She gave him some water told her that that was a, probably a good idea to just go there for a little while and have a rest and regroup.

And she completely talked him down.

Madchen: Wow. Without even knowing what was going on, just assess what was happening

Shelly: she knew what was happening, because it was like that in enraged glaze look at, you know, and, um, So I came and just sat in the office in awe of her calm and how she could handle it. So he said, okay, I'm ready to go again.

So we got back in and went to the hospital, but there are unfortunately a lot of stories like that, right? It is. So it was so confusing and hard. And I had a super challenging time because if somebody has cancer, You usually can help them and support them with their treatment and a sickness that you can help them get through you're with mental illness, you help with their medicine and feel like you're helping them get through it.

And then they throw it all away and you're back to lower than zero. And so it was a super challenging, challenging marriage.

Madchen: And isn't it like so hard to, because it's a sickness that affects the brain, it then also affects their personality. And it's so hard to unravel. What is your loved one and what is the actual illness?

And, and, and they're saying things to you that are based in reality, but so hurtful. And so it's even separating the two delusional thinking in the psychosis and, and I, and this is how like, families, you know, fall apart, which is maybe what happened with you guys with your relationship, right? It did it get to a point where it's just too hard to handle?

Shelly: I had. Been starting to get sick myself. And I was like, okay, I really have to regroup and take care of myself and exercise and not internalize so much stress. So then I found the NAMI organization and I did their full program and it opened up my eyes to be a lot more understanding. And a lot more knowledgeable and actually what is misfiring in his brain.

And so then we tried some different brain therapies and, uh, a lot of other things until sadly our marriage did fall apart. It was so heartbreaking. Yeah. Because the real personality, the real person that's in there is who I really love and care about. And this mental illness just completely consumed that and took it, you know, took that from him and from our relationship.

Madchen: Yeah. So how long were you guys together?

Shelly: A total of nine years.

Madchen: Wow. Oh, wow.

Mina: And Aunt Shelly, I'm really curious. Cause I, I know that you said you went to counseling, like during the relationship and then also found Alanon and NAMI, uh, what were those tools that you were learning along the way? And do you feel like if you had those tools earlier on, it would have helped you, your mental health and managing him or was it just something that was too out of control for you to take on.

Shelly: So I feel like that could have helped me in the beginning tremendously, because I did not know how to deal with it. I'm asking my family, I'm asking people, I'm asking therapists, I'm asking my brother's and he was. I'm sure. Fearful and ashamed. And so he wouldn't be completely honest with the therapist.

And so he wanted to keep up that persona that everything was okay. Everything was okay when I was just like begging to like, no, let's, it's not okay. Let's figure this out. You know? Absolutely. If I could have understood more in the beginning, It would have been a huge help. Yeah.

Mina: Yeah. Cause I it's interesting.

Cause like with our experience with my brother, it's obviously it's my brother we're we're we're family, but it's a whole different dynamic when it's somebody that you choose to be family with. And I'm wondering what counselors tell you as the spouse of somebody who's newly diagnosed. Like how do you take care of yourself?

Cause I'm sure that we've experienced, it's very consuming for loved ones to take care of somebody in. Then you're putting your own mental health and your

own happiness kind of in the back burner too. But, you know, be hands-on with the person with their illness,

Shelly: I did want to help and take it on. And I think a big problem with that was then in our marriage, our roles were, I almost felt like the mother half the time taking care of everything, I would try everything I could possibly think of.

And then I do it again for another year. And I just kept on trying, because I had so much guilt that if it was almost any other kind of illness, I wouldn't want to leave.

Madchen: It's overwhelming.

Yeah, I guess I think that's the biggest thing I've learned in the different, like support groups or through therapy is put your own life preserver on.

Otherwise you might drown with the victim kind of thing. So things have maybe had gotten too far. And that's why I think that if we can continue to share our stories and spread awareness so that people can recognize it earlier and actually seek support and help and therapy. So they get the tools early on then, you know, hopefully you don't become so overwhelmed and almost getting sick from it, you know?

And so that everyone in. Relationship, can we have a better shot at keeping it together? So that's kind of one of our big reasons why we want to sit here and talk openly about it and share our stories. So, mom, um, Shelly, you sort of mentioned that like with her G her mom's generation, that they just kind of swept it under the rug.

So I'd like to get your perspective from your gen, the generation above me. How did you see people dealing with mental health or mental illnesses? Do you feel like. Talked about openly in your family or your friends in your generation. Do you feel like it's changed at all? What do you see?

Judy: I think it's still lacking a lot, but I have to say that I personally didn't have any exposure to mental health as we see it now.

Madchen: Yeah.

Judy: But a lot of the things I can look back on were mental health. Yeah. At different fashion. Yeah.

Madchen: So like people in your family or

Judy: people I knew closely and people in the family, in my generation, my experience was that it was not talked about much. Yeah. It was like locked them in the attic, you know? Yeah.

That's why I think I grew up not knowing much about. But now looking back, I can see, I can see, cause I know more right. And the experience with my grandson has really turned a real light on it. Right. Yeah. And I can see it in a, in a lot of situations.

Mina: Is there anything in particular that you can think of that you've learned through Sylvester's experience?

Did anything, was anything like a, a great learning experience that. Really noted.

Judy: I think when it first came up back when he was leaving for college yeah. Had been kicked out, had hit bottom. Yeah. And I talked to him on the phone that time, I think was the one that really shook me and. Tough one.

Mina: So did it shake you because of the conversation?

Judy: Like it was the pleading in his voice. Yeah. And, and knowing that he was in having trouble, he knew. Yeah. I didn't know how to know.

Mina: So did he call you and what was that conversation like? What would, what did, was he asking for or telling you about

Judy: just help things. Aren't going good. Yeah. And, and I, and he didn't know what to do about it.

Yeah. And that was, I didn't know what to do about it. I don't have the tools. I'm learning more as we go along, I can have a conversation with them now and not cry. Be someone that he will talk.

You do feel so helpless because you want to help. But Mina like you were asking, like I didn't have enough tools.

So I think I was more enabling than helping

We talked

Madchen: about the six different personalities within an and an addict family, but I'm sure that applies. To mental illness as well, but the hero, the enabler, the lost child, that kind of stuff. So I guess just let's check in here at the end of our conversation and like, whatever you might be, you know, we're talking about circumstances that have happened to us in our lives.

And obviously you had, you know, this marriage and this love that was struggling, and you've had a lot of things in your life over the years, a lot of challenges. So. How do you feel you are in your mental health right now? And do you feel like you want to improve it? Do you wish that there were something out there that could be more accessible to you and easier for you to have in your life?

You know, how, how are we in our mental health support services right now?

Judy: Well, we're lacking, of itcourse we've found that out through needing. When you don't need it, people don't realize how much is missing. Right. When you need it, then you say, holy cow, how am I going to get any help with this? And you know that, and you know, it's, it's lacking very much personally.

I am pissed as hell. Yeah, because Time can't get the help he needs. Yeah, you have just search and search and try and find the right place. And it's not fair. It's not fair. It's not fair to families. Certainly not fair to the patient. Yeah. And, uh, mom and dad get it does worst, but it, it boils over on to us, you know?

Shelly: Yeah, it is. It's a really good point. It's so frustrating to be going through lists and calling and explaining and well, what did, what kind of insurance do you have? Do you have this? Do you have that? Well, what about this? What about like, and then calling the next place and going through the same story, driving down there and pounding on the door because they are open 24 hours and no one will answer the double security door and driving to the next place.

And there's a lobby of. Full of people. And you are at that tipping point of trying to catch them just like you were explaining the other night of trying to catch

them. They've said, they'll go in. They have to go in on their own. Well, so we're here and take it in, take him down. We don't have two or three hours to sit through this line.

Like it's a very fine tipping point of that, of them, of the window. Of them knowing I need help and I'm ready to accept it. When that window closes, you don't know if it's going to open up tomorrow or six months or another year. And then you got to ride that waves, those waves of the up and down and the super anxiety, because unfortunately they have a story that matches up.

Any situation that they're in and it's usually a very delusional story. And so you have to have the patience to weed back through it and pull them back to wanting help to get on their medications and feel better and stay there.

Madchen: Yeah. And so what are we going to do to take care of ourselves?

Shelly: So for me, I have taken on too much stress and too many things in my own.

So I'm working on my health and my sanity so that I can have a hand to give out to help. But for right now, my hands are in my chest. I'm soaking it all up for me.

Madchen: Yeah. Yeah. Well, and thank you for helping us as a family. The two of you are so. Integral to us starting this foundation. Don't Mind Me, this movement sharing our own stories.

Um, you know, this is a true family effort that extends to all of us here. And thank you for being so open and sharing all of your stories with us today.

Shelly: Thank you as well. I appreciate it.

Mina: So yeah, I just want to give a special thank you to my wonderful family. My mom Madchen who has been working so hard on this foundation and this podcast has been wonderful doing these episodes with you and a huge thank you to grandma Judy and auntie Shelly for taking a part of your Sunday to talk with us.

It's funny because we know each other so well and even sitting down and talking about it in this way, I've learned like so many things about you guys. I, it is kind of, that's the thing about these conversations. It's kind of scary, but once

you actually sit down and do it, it's, it's, it takes this like a weight off your shoulders that you didn't even know you were carrying.

So I appreciate you doing that for, for everyone listening to who can relate to what you're going through.

Judy: Absolutely. Thank you.

Mina: This is when the awesome outro goes out. Nina sings. Yeah. I attempt to sing me.

Thanks for listening to don't. Mind me. I'm Mina Tobias. Don't mind me. It's produced by Aurra Studios original music by Sly Alexis and executive produced by Madchen Amick and Amanda Brown

Madchen: uh,

thank you for listening to this episode of don't mind me, which is co-hosted by me, matron. And my daughter, Mina Tobias, we are doing this podcast because we want to open up the conversation about dealing with serious mental health problems. If you, a member of your family or a friend are struggling with any of the issues mentioned, please reach out for help.

If in the U S go to nami.org, Nami.org. Or samhsa.gov, SAMHSA.gov for further information. And if you're elsewhere, please reach out to your local organization.