ALEXIS SMITH

I have ADHD which severely affects my behaviour and leads some people to think I am lazy and complacent.  
   
My early career as a Secretary found me meandering at work, sometimes wondering where I was.  I felt like an airhead and behaved like a ‘space cadet’.    
I was out of touch with reality and got called names like ‘stumble bum’ and ‘silly brains’ - even so the grey matter between my ears had a mission and kept on talking.   
   
I have always been very creative, especially with painting and drawing, but the voice of reason would battle and struggle with every other voice inside my head.   
It wanted me to stay focused and concentrate on one project at a time.  But it was just impossible for me.   
   
I became liable to self-harm when things went badly wrong. Now after 60 overdoses (unbelievable but it is a true figure), I have coping strategies such as yoga, nutrition and, of course family. I have a wonderful 21-year-old son.   
   
My experiences of self-harm and the need for emergency care, made me committed to working with the Patients’ Forum and help the LAS and other Ambulance Services, to review and transform the services they offer to people who self-harm or attempt suicide. I believe I have the insight, knowledge, and skills to help them substantially improve their response to suicide and self-harm.   
   
Somewhere in the journey of the ‘self’, is that familiar sense of knowing, of lessons learned - albeit bittersweet and painfully stark at times. I'm talking about karma. 

The universe teaches us that living an unbalanced life can create a pattern of chaos and until we accept the cause and effect of our chaos; that for each action there is an opposite and equal reaction, we may keep repeating the same mistakes.