

# UMANG SHETH OPENS UP

*About his Mother's "Schizophrenia" and  
Father's "Bipolar Disorder"*



**KEEP WINNING!**

An Initiative By "Consult Aniket"



*In a simple way, can you educate us about “Schizophrenia” & “Bipolar Disorder”?*

QUESTION 1



*"Well according to me, Schizophrenia is a mental disorder where someone loses touch with reality. Such a person hallucinates, sees, or hears things which are not real. They become suspicious; they live in their own unreal world.*

*Bipolar is a situation where someone has extreme mood swings or extreme moods. Such a person can either be very depressed & the other extreme is mania. So, it can be something which happens over a period of time. Like, few days they'll be extremely depressed & the next few days they'll be high.*

*Depressed means when someone doesn't want to get out of their bed, they don't want to do anything, they feel like crying, they feel negative, they might feel suicidal, they feel that..."*



*"...there is no or very low energy. This is one end of the spectrum of Bipolar.*

*The other end of the spectrum is mania. This is where the same person wants to speak a lot, do a lot of work, spend lots of money, get into unethical & unhealthy addictions. This is where they might feel highly energetic & want to do lot of excessive things, extreme things while losing all of their inhibitions. "*



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*How & when did you find out that your mom had "Schizophrenia" & your father had "Bipolar Disorder"?*

QUESTION 2



*"Actually I didn't know the word Schizophrenia. I always thought my mom was little odd because she couldn't talk properly, she had problems understanding. She came across someone who had very low intelligence. She would not process things fine. She would tell us that she would talk to energies which are not living among us, she would tell us that she was seeing things, she would hallucinate. So overall, she was quite odd. She wasn't like other women. Her sense of dressing, talking was quite odd. I realized that something odd was there, but I didn't know what.*

*I spent my whole childhood life being very ashamed of my mom. At that time (Talking about my childhood to mid-teens), I didn't know that there could be a mental illness as such.*

*However, as I grew older (around 17-18 years of age), I went to a..."*



*"...doctor. My mom was then diagnosed with a mental disorder of "Schizophrenia". So, I came to know at that time only!*

*Coming to my dad, I realized that my dad had spent his whole life almost gambling. Whenever he got his salaries, he would go to casinos & gamble. He would not come home for days. So, I always thought it was a character flaw. He had certain symptoms but at that time I didn't know he was "Bipolar".*

*When he was around 55 years old maybe, he started taking part in fancy dress competition for children. That's when we thought that there was something really wrong. Then we went to a psychiatrist & realized that my father was "Bipolar".  
So, that's how I came to know."*



*What is it that your mom had done (medically & otherwise) to overcome/manage “Schizophrenia”?*  
*How happy & healthy she was with these results & effects?*

QUESTION 3



*What is it that your father had done (medically & otherwise) to overcome/manage “Bipolar Disorder”?*

*How happy & healthy he was with these results & effects?*

QUESTION 3 (CONTD...)



*"I think my mom & dad wouldn't had done anything differently. It's the support group. Anyone in our families did not have the awareness. My mom used to go to a psychiatrist for years.*

*I think the biggest change came in me. Someone told me that my mom did not chose "Schizophrenia". "Schizophrenia" chose my mom. My father wasn't a bad person, he just had a bad illness. So, I had to fight with his illness & not him.*

*So, what the difference was when I got aware about these. I spent my early life (childhood) being ashamed & embarrassed in front of my friends. I hated my dad! I always thought that he had a character flaw. But, I later realized that..."*



*"...“Bipolar” is a mental illness/disorder and it's not a character flaw. The bad habits, which my father used to do, was not because he had a character flaw but because he had a mental disorder. So, such kinds of insights I did not have earlier.*

*What really helped me is when I went to a very good Psychiatrist, i.e., for my dad. So, my father would have these episodes where he would be very high, splurge money, talk a lot. When he was facing the lows, he would mostly sleep at home. So, there was a doctor who would give me a very good advice & a medicine. I forgot the name of the medicine now...*

*The doctor said that when my dad was in his..."*



*"...high stage, the dosage of the medicine needs to be increased. And, when he was during the low stages, the dosage of the medicine needs to be decreased. It was a mood stabilizer. So that really worked with my dad!"*

*With my mom it would only be unconditional love. If I would had worked on my stigma & shame earlier, it would had been better."*



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*How had been your personal experience overall, living with your mom (who had "Schizophrenia") & your dad (who had "Bipolar Disorder")?*

QUESTION 4



*"Personal experience with my mom was like I was very ashamed & embarrassed. I remember not calling home my parents. Not calling my parents' home, to introduce them to my friends. Not calling people home. I remember, she used to pick up the phone & be very odd. I used to tell my friends that she was my grandmother. She also had glaucoma. So, I became a caregiver at a very early age.*

*I realized that I became a parent to my mother at a very early age. There was a role swing where I became my mom's parent, and she was like my daughter. However, there was a lot of caregiving burnout. There was always a pressure of what she would say, what she would do, can she sleep properly tonight, going to doctor, etc. It was really tiring. This also impacted me as I got into co-dependency..."*



*"...With my dad, I was also quite ashamed of his behaviors. I used to cry. I can say that I had childhood trauma because of my parents. I remember, in my childhood, I used to cry because in all the festivals he was never at home & he would be gambling. It was so shameful! I missed a father figure in my life. I remember other parents would come to my home and my dad would not be there.*

*But the flip side is now, today, I can do anything which is odd, different and out-of-the-box because I was in that environment throughout my life (i.e., till almost 25 years of age). So, today me starting hugging club, starting a gay match-making, being an odd one in the crowd. I am least bothered now! I can do, talk which is out-of-the-box. I can set examples in precedence. All of this because of my childhood, my conditioning. Nothing was normal when I was brought up. Now, I am comfortable with anything different. I am attracted towards things which are different, progressive."*

**UMANG SHETH ANSWERS Q4 (CONTD...)**



*What's your message for others, who are having a tough time because of "Schizophrenia" &/or "Bipolar Disorder"?*

QUESTION 5



*"My message to people is that remove self-stigma. There is nothing wrong with you. You did not choose mental disorder. Mental disorder chose you. Just like people have diabetes, blood pressure, hernia, etc., you have a mental illness. So, you need to take proper medicines & therapy. That's it!"*

*Remember, you are not weak! You are just different. Also, your illness doesn't define you. You can be so many things. You can be a good human being, an artist, you have hobbies, you have career, you like shopping, etc. There can be so many things about you. So, your illness doesn't define you.*

*Also, it's important to take necessary help, medicines. Go for support groups. My Hugging Club of India is a support group for mental illness. So, join support groups. Meet people like you & you'll feel better."*

**+** An initiative by "Consult Aniket"  
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**What's This About?**  
 This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



# Keep Winning!

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## KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

## ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



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