



# YOU'RE NOT DISORDERED

## You're NOT Disordered: Book Press Release


Aimee has been a service user of Richmond Fellowship since 2014 and over the years she's been involved in chairing our Working Together Forums, facilitated workshops and is part of the Working Together Committee. A year before she became a service user, Aimee created her mental health blog; I'm NOT Disordered where she talks honestly and openly about her mental health journey to over 1.2 million readers.

Having survived four suicide attempts (two which led Aimee to being on life support), Aimee Wilson created a mental health blog named 'I'm NOT Disordered' in 2013: *"When I started blogging, I was actually a psychiatric hospital inpatient on a ward over 100 miles away from home (Blyth, Northumberland) so I started it because I wanted to provide my friends and family with more insight into the trauma and illness that I had tried to hide for over six years."*

On her blog, Aimee openly and honestly talks about her traumatic experience of 6 months of sexual abuse and rape that ultimately led to her becoming suicidal and self-harming on several occasions: *"Between my most poorly period of 2009 - 2012, my records show I was hospitalised on over 60 occasions. It's not something I'm proud of, but I think it illustrates how much I was struggling over those years and how desperate I was to escape the reality of my memories of the abuse."*

Aimee added: *"It has also made me incredibly grateful for my local emergency services and NHS Trusts; namely Northumbria Police, North East Ambulance Service, the NHS Foundation Trusts; Northumbria and Newcastle Upon Tyne Hospitals, and my local mental health NHS Trust: Cumbria, Northumberland, Tyne and Wear."*

*Obviously, at the time, I was incredibly uncooperative and resented these services for saving my life when I didn't want it to be saved; but now I couldn't be more thankful to their perseverance and dedication in providing me with help and support in their varied ways."*



In a bid to honour and thank those who have contributed to saving Aimee's life, she has regularly collaborated with all these services by creating content on her blog that publicises the importance and value of their work. So, over the last ten years, Aimee – and her blog – have come a long way! *“Mental illness doesn't just ‘go away’ and ‘recovery’ isn't linear; and I think it's important to remember that; so that people don't lose hope if they begin struggling again after a stable period”* Aimee said, when asked how her mental health is currently. *“So, I still have really difficult days, but even on them; they're so much more manageable than they used to be.”*

Aimee's blog now has over **1.2 million readers** and in addition to accepting the pressure and stress she often experiences in having her content read by so many people; Aimee added: *“having my blog massively helps my mental health recovery because I find writing about my thoughts and feelings therapeutic, and I receive so many emails and messages to say that my content is helping others on their own journey.”*

The prospect of helping others, has led Aimee to publishing her new book: *“You're NOT Disordered: The Ultimate Wellbeing Guide for Bloggers”*, which she hopes will provide coping strategies and advice for other Bloggers to manage their own wellbeing. *“The blogging industry and online influencers have become a huge talking point over recent years, but sometimes I feel that it is always seen through rose-tinted sunglasses. Not everyone posts everything about their lives – especially not the negative or difficult moments and experiences. So, I'd like my book to help illustrate that there are challenging aspects to being in this industry too because if I had felt more prepared for those moments, I might have not felt so thrown off when they occurred. Hopefully, this will mean people are better informed in starting to blog because blogging has been so lifesaving for me and really positive for my mental health that I'd really like to encourage others to try to use it for that purpose too.”*

**You're NOT Disordered: The Ultimate Wellbeing Guide for Bloggers** will be available to buy on Amazon from November 18th, 2023. For more information: [www.imnotdisordered.co.uk](http://www.imnotdisordered.co.uk)

