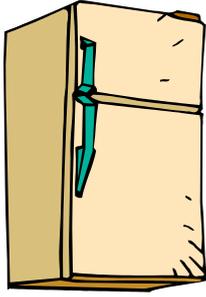


Refrigerator Quote*
Number 7.



Matthew Mitcham: on Reaching Out for Help



Diver & Olympic Gold Medalist

(*Photo source - http://en.wikipedia.org/wiki/Matthew_Mitcham)

On the last page of his 2012 autobiography, *Twists and Turns*, after writing of his battles with; depression, self-esteem, recreational drug use, being picked on at school, *coming out* as Gay at 15, the many and various other physical and psychological challenges he has experienced to get where he is today, Matthew writes:

“I can’t stress enough the benefit of reaching out. A problem shared is a problem halved. If I had known then that you can’t do it by yourself and that it is actually a sign of strength to ask for help, I would have done it. As a teenager I thought I knew everything, and apparently I didn’t.

Actually the older I get, the more I realise how much I still have to learn and experience and do. This is only the first chapter of my life, but if the first 24 years are anything to go by, I’m looking forward to seeing how the rest of the story goes...”¹

Matthew John Mitcham OAM (born 2 March 1988 in Brisbane, Queensland) is an Australian diver. He is the 2008 Olympic champion in the 10 m platform, having received the highest single-dive score in Olympic history. He is the first Australian male to win an Olympic gold medal in diving since Dick Eve at the 1924 Summer Olympics.²

* From a book about grieving# “I call these ‘refrigerator quotes’ and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers.” (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.

¹ Page 203, Matthew Mitcham – *Twists and Turns* (2012) HarperCollins Publishers Australia Pty Ltd.

² Info source http://en.wikipedia.org/wiki/Matthew_Mitcham