



Lucie Monnac - Dors, demain ça ira mieux: Dors, demain ça ira mieux (French Edition)

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18 ans, Lucie est une jeune femme comme tant d'autres, avec une joyeuse bande d'amis, un amoureux attentionné et une vie de lycéenne qui lui plaît. Un an plus tard, la voilà internée dans un établissement psychiatrique, soumise à un lourd traitement, coupée du monde. Un événement difficile, une crise de détresse aiguë et l'impuissance de l'entourage l'ont précipitée dans les mains de « professionnels ».

À ses parents, on dit de ne surtout s'occuper de rien. « Maniaco-dépressive », « bipolaire », « schizophrène » : les diagnostics se succèdent sans se ressembler, hors leur caractère incurable décrété par les médecins. Durant trois ans, Lucie va dépérir seule derrière ces murs, avaler des psychotropes par poignées, subir des électrochocs, mais aussi la démence ordinaire des autres pensionnaires, l'inhumanité d'une partie du personnel, l'absence totale d'écoute, amicale, familiale et surtout « médicale ».

Un jour, Lucie a réussi à sortir de cet engrenage... Elle a aujourd'hui 31 ans, une petite fille de 4 ans, et travaille dans un lycée comme employée de vie scolaire, aidant les élèves en situation de handicap à suivre un cursus normal. Elle a écrit ce livre parce que d'autres n'ont pas eu cette chance et qu'il est grand temps que les choses changent.

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