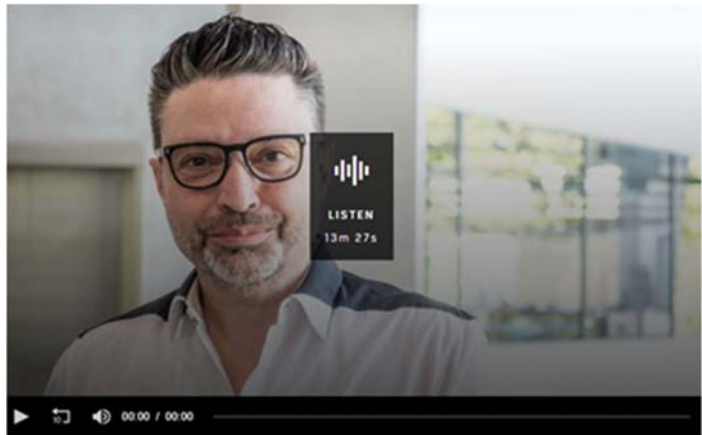


## ABC Radio Perth

**Radio Broadcast** Fri 22 Jan 2021, 1:30 am;  
**On Mornings** with Nadia Mitsopoulos  
**Duration:** 13min 27sec



<https://www.abc.net.au/radio/perth/programs/mornings/aurelio-costarella/13083184>

### **“I was on 23 different types of medication, it broke me...”**

He had international acclaim with his exquisite gowns sought after by A-list stars.

But **Aurelio Costarella** has put all that to one side while he tries to heal.

Aurelio has been receiving treatment for depression and anxiety and has been in and out of hospital over the last few years.

He says he was over-prescribed drugs and given 23 different types of medication.

He's now trying to overcome a dependency on benzodiazepines.

He's now joined the Mental Health Association of WA in lobby for a bigger investment in preventative and community support for mental health patients.

Aurelio opens up to Nadia Mitsopoulos about his experience and how it broke him.

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Aurelio's story is an example of a *iatrogenic prescribing cascade*