



Transcripts of Testimonials

Depression & Anxiety. “I suffered from depression and anxiety attacks for many years. I’ve been in therapy since 1985 and it has helped a great deal. I’m on medication and I have to take my medication otherwise I can tell the repercussions of it. But the long term is that now I can see the light at the end of the tunnel and I can see that there is a way out. There is a help for you so I would advise you to always seek therapy because it’s not the end of the road. Although some people might say you can you can praise the Lord and ask the Lord, but you need both. The Lord and a physician. Thank you.”

Depression & Domestic Violence. “I’ve been dealing with depression for a long time--with the death of my kid’s father, domestic violence--verbal abuse had made me very depressed. I didn’t think I had a problem until I started to seek mental health. And now I’m able to talk about the fights, the beatings, the kids father’s death and my life has become a little bit easier and manageable. You don’t have to be alone in depression because there are a lot of people that are depressed and there is help out there for us. If you feel like you’re depressed, just seek help because there is always someone there to talk to, to be there for you so you can seek help.”

Depression & Drug Addiction. “ I suffer from--I’m dual-diagnosed, which means I have a mental problem and I also suffer from drug addiction. I didn’t know...I was too afraid to go and tell somebody I was depressed. And in time when I did go I was able to find help. In mental health and with a doctor, I take medication on a daily basis to keep me straight. You know, you’re not alone in this—there is help out there—don’t be afraid to ask for help. Not asking for help only compounds your problems. What I do is, I try not to fall so deep into my depression that I can’t pull myself back out. There’s help out there. Ask your doctor for a referral and Good Luck.”

Depression & Bi-Polar Disorder. Depression & Schizophrenia. “I suffer from bipolar. My diagnosis was schizophrenic but I’ve also been experiencing depression which causes me to eat, not to want to do anything, not to want to get out of bed; I want to cover my head with the blanket and stay in darkness, and not even take a shower sometimes, not brush my hair, don’t want to put makeup on. It’s a chore to go visit my kids—everything’s heavy. They’ve been trying to help me with the meds, but its an experiment to find one that works. And when the depression hits its just really heavy on your body, on your mind and on your heart. But finding support groups that can understand you are really uplifting and can help you lift that heaviness and that’s where I’m at.”

Depression & Anger “I didn’t really know I had depression at first. My depression came in about 1995 when my kids were taken away from me. Come to find out when my kids were taken again, I was holding a lot of guilt and shame and angry. And I took it out in words on other people. I would talk very cruel to people especially people in the system, especially in the system. And I learned here that it’s ok to be depressed and its ok to get help and I finally got help here through HAAF.”

Depression & Alcohol Abuse, Drug Abuse. “My experience through depression...from the time I was a teen through highschool I never socialized with the rest of the kids, I basically stayed by myself. When I was an adult I went into the service and in the service a lot of the guys drank. And that’s where I picked up my drinking. I didn’t do a lot of drugs when I was in the service. I’m 55 and from a teenager up until now, you know, that was my life: drinking and drugs. Until a year ago when I went to this program this really helped me a whole lot. (ADAP?) It helped me realize there were a lot of things I could do with my life besides drinking and drugging. Get involved with myself, to do activities was very help. The program has really helped me a whole lot.”