

Joining a consumer peer-specialist class serves as life turning point

by Starlett in Colorado

I have dealt with many a crisis with my bipolar diagnosis, as well as drug abuse and hospitalizations. For many years the illness disrupted every part of my life. I was diagnosed when I was in my early 20s but did not stay on any of the medications. I had some therapy, but not regularly. Mostly my life was a rollercoaster. When I was high it was great, but when I was down, I was suicidal and made many attempts to end my life. I have two children and nearly five grandchildren. I have been married three times and currently am living alone.

I am on medication now that seems to help me a great deal; however, the turning point for me was joining a consumer peer-specialist class. Consumers with mental illness train for several months in this class to work with other consumers with mental illness to instill hope and a sense of purpose into others. Since the class, I have ventured out on my own and realized through research and reading books that my life has actually turned into the life I want. I am happy everyday and know how to use the skills I have learned to keep myself well. I know as sure as I am writing this story that the rest of my life is going to be great, and I will never have to experience what I did once in the past. I want to bring joy and love and understanding to all those I come in contact with. It's my purpose. It's my pleasure. It's my calling. When I was aware that my thoughts were creating my reality I was able to change my life dramatically. Now all I can say is I am a very happy person.