Making it through mental health and substance abuse

by Anthony in Texas

I have had a hard time getting treatment for my mental illness. I found out the hard way that the only way I was able to get treatment in the rural town I live in was to lie about how I felt and what I was thinking. The person I spoke to at my local mental health center didn't know what to do for me so she ran to a judge and had me committed.

That was wrong on their part, but it did get me the treatment I needed. I have been homeless, drug addicted and lost because I could not get the help I needed. It has taken me about five years to finally get regular services from my mental health provider.

The struggle was long and hard but RECOVERY IS POSSIBLE! I live with major depressive disorder, but regular treatment and good support can go a long way. Before I got sick with seizures, I worked as a case manager for adults with mental illnesses. Now I am the president case manager for the children's advocacy center. Advocating for those with mental illnesses is one of the ways I cope with my own mental health recovery.

Due to my mental illness and self-medicating, I ended up homeless separated from my wife and kids and unemployed. When I would get a job I could not hold it long. What is different for most other people is that I was not diagnosed until I was about 30 years old. Seven years later, I am always ready to public speak about my life and how I am making through with my mental health and substance abuse recovery – where I have been to where I am now. God has really been good to me and my family.