Passion to educate others in mental health, quality of care

by Melody in Illinois

My journey with mental illness was a result of severe stress related to work. I dealt with severe depression, including isolation, crying, self-mutilation, hyper-insomnia and much more. For the first six months of my illness, I was in and out of the hospital over 20 times. I have attempted suicide numerous times, but failed. I had been on every medication prescribed for bipolar disorder.

Although I have not experienced a full-blown manic state, depression continued for almost two years. I was unable to work and had difficulty maintaining healthy relationships. I have encountered numerous issues with healthcare professionals that demonstrate unprofessional conduct. Most of the professionals have not actually dealt with clinical depression in their own lives and cannot relate. I went through several counselors due to the inability to relate. Most hospitals in this area do not provide high-quality mental health care.

Part of the time during my illness I went to a support group that assisted me with overcoming obstacles that I face with this illness. I have also become an advocate of quality mental health treatment and care.

After I had somewhat recovered from the illness, I got a job and was accepted to graduate school. Both assisted in increasing my self-esteem. My focus was licensed counseling. Since then, I have completed my Master's degree and I am currently working towards my Ph.D. in psychology. Upon completion, I hope to make a difference in higher education by promoting mental health and instructing students. My passion is mental health and quality of care, as well as insurance issues related to mental health care.