We need all support we can receive from insurance, government, family and friends

by Kristen in Maryland

My story of mental illness began when I was 18 years-old. I am now 32 years-old. Due to my bulimia and depression, I was unable to teach to the best of my abilities after only three strong years of teaching. I have been to several therapists, have taken many medications, and have been in programs to help me achieve wellness.

I know that there are many people out in the world who are ignorant to mental illnesses. Many people still have the philosophy of "pull yourself up by your bootstraps". Well, I don't have that view. I have met so many people who struggle with mental illnesses and it is not that simple. We, as strugglers with mental illnesses, need all the support we can receive from insurance, government, and others. I beg of you to read my story and realize that I am just person who is willing to tell my story. There are so many people out there struggling and not receiving the help they deserve due to insurance and political issues. Today, thankfully, I am recovering, but I never would be at this place without all the money my parents and husband paid for the treatment I needed and continue to need. The best thing you can do in this day in age is to be there--financially and politically--for those who struggle with some type of mental illness. If it weren't for my family and my husband, I probably would have given up by now through suicide. Thankfully, they have all loved me unconditionally. It is because of them that I am alive and recovering.