

## Employers should be more educated about mental health conditions

by Feeling Worthless in Alabama

My life started getting affected by panic disorder and fear when I was in the fourth grade. Bullies from school have ruined my life, both at school and at home, I have severe depression, panic disorder, fear, phobias, behavioral issues and cannot cope hardly at all. All my relationships had failed and all my jobs never worked out well because of my problems.

I was diagnosed when i was 18 years old with panic disorder. I am on state Medicaid. My current therapist refuses to see me once or twice every month, so I see her once or twice a year on her terms, not my own.

I married when I was 31 years old, My wife doesn't support me like she used to. I have a 17-year-old step-daughter that ignores me and tells me that she hates me and wishes I was dead. I have a 7 year old son that adores me. I have had several good jobs and have been discriminated against at each one. I was even fired from three jobs because they didn't want a person with a mental illness working for them.

I'm currently unemployed. If I had the money, I would buy the equipment I needed to become self-employed and become a welder or a tile setter. I have graduated high school and trade school. My hobbies are my son and his sports. My interests are doing tile work, electrical work and welding. My life now has not changed much or as well as I thought it would.

If I could change anything about mental health, it would be how employers and employees treat you on and off the job. The most helpful thing for me is ice cold water, fresh air and relaxation, but I do still take my medications.