

Compassion and mercy from others are key

by Mark in Hawaii

I guess I started hearing voices at the age of 14. The voices were mostly negative and telling me I was not worth anything. I thought everyone had the voices, I thought it was normal. But some times the voices help me create very inspirational papers for college term papers.

To numb myself from the abuse I had as a child, I drank to self-medicate. It helped during times of loneliness and poor self-esteem. My symptoms went unnoticed for many years. I graduated from college, but I still didn't understand why my life was so unbearable. I attempted suicide and was hospitalized at 34-years-old.

Then things were okay for years. My career was at its peak. Then the stress was too much, I quit before I killed someone. I was angry and upset with God. Why would he allow this illness to beset upon me?

After several years, I accepted the illness. I continue to take my meds, and see the doctor. I am now married and have two daughters, do volunteer work, and work part-time. I try to help others.

It seems God gave me the hard road to life. God says my grace is sufficient. I spend much of my time educating people about mental illness. I tell them my story in hopes that others may have compassion. I try the best I can to remain grateful and reach out to others in need. I hope the message we send to the public is one of compassion and mercy. Someone you know will experience this affliction. It will change your life. We do not choose to have this illness. It's not our fault. Please have mercy upon my friends. Show us love. We, too, are children of God.