

"Hi, My Name is [REDACTED]"

What led me to PHP, I was
At J.P.S. Stop 6. I did Not
Know what to do with my self
I was so ~~scared~~ ^{Stress} out, I wanted
to give up. I talk with a young
lady who works At the Stop 6
Campus, And she refer me with
PHP. I was hopeless, when
I first came, I cry every time
So one share, because I felt
their pain, because I was there
And, I was able to identify some
of their pain, I was At a breaking
Point, I wanted to hurt people
And, I also wanted to hurt myself,
I was dealing with so much pain
from childhood, so when I got
here I found out I was bipolar / depression
Crying a lot, feeling lonely, having ^{up} _{down} ^{scale}
Suicidal Thought, Thinking people
was out to hurt me, low energy
Loss of interest, Low self-esteem,
agitative, lack of sleep, Not
Wanted to bath, or brushing
my teeth, Taking drugs, racing

thought. ^{did} Not know how to set boundaries for myself, I stay angry a lot. Not loving myself. Not taking care of myself. Since I came here to P.H.P. The staff help me to recognize my breaking points, like Dr. Tate, Nurse Cindy, psych Techs Neisha, Gwynmar, D.T Christina, Social Worker Chaquita. It was hard for me to talk about myself and my feelings. And my self-esteem, I feel like I'm getting a ~~little~~ little better. Just for today, I know it will not go away. It is something I have to work on for the rest of my life, I have a lot of coping skills that I can use, I did not have a meaningful role in my life of being a mother, Grandmother or a lover, before I came here to P.H.P. I did not know how to express myself. And it is getting a little better. I want to inspire others in my life, like going to church, giving God his time. And thank him for all he

has done for me, Helping me
to open up just a little bit
about me. [REDACTED] So again I
want to thank the staff here
at T.H.P for allowing me to
get to know and understand
my Mental Illness. I will do
my best at working on me and
using my Coping Skills when
things seem to get a little hard
for me.