

Hello everybody, my name is Gilbert and I would like to talk to you about my experience with the mental health system. I come from a dysfunctional family. My father was an alcoholic and my mother had three different personalities. I inherited those systems in my everyday life. I am bipolar, PTSD, and I have TBI. I take 15 pills a day x 30 days equals 450 pills monthly.

I have tried unsuccessfully to commit suicide 16 times. I suffer from major depression. My body hurts so much from depression. Nobody seems to want to hear about suicides. That seems to be the best thing to attempt to stop this growing illness of mental health.

We are a minority – soon to be a majority. Please help the mentally challenged. I'm a retired home improvement contractor. I went from low class to high class back down to low class. I'm drowning and I need to be rescued. Please do the right thing and allocate funds to the mental health system.

Thank you very much.