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After the tragedy in Newtown Connecticut issues of gun control, mental health and, school safety that have been in daily conversations. The topic of mental health has been a focus in many of my conversations due to its major role in my life. Growing up, I have experienced and endured many hardships due to the Bipolar Disorder label. I understand the difficulties in finding good doctors who can help rather than poison a person in need. People who suffer from mental health are victims of doctors, insurance companies and, local community members... etc. People with mental health issues should not be seen as a danger to the public.

There should be easy access to good health care. Doctors should be held to a higher standard and to some degree doctors prescribing medications should be accountable. Mental health should not be viewed as a threat but a powerful benefit to people. Since I was diagnosed at age 12, I made it a goal to educate myself to ensure I have truth about mental health to teach others. I am a benefit to the local and mental health community; I was fortunate to have family who help me move forward in a positive direction. Not everyone has a person support system and only depend on doctors to help. They accept help without knowing it not going to help them move forward.

No one asks for the label or the struggle in life. We are victims of a diagnosis. Yet the nation treats it as we are the problem. The problem is in the system, not the people. We are innocent and willing to work to get better. When there is no help or the help that is given fails due to lack of educated doctors then we surrender to the diagnoses

in defeat. Help me, my friends, my community and, my nation work to be mentally healthy, be an asset to the community and, apart of the public.

Lorraine Davis

A handwritten signature in black ink, appearing to be 'LD', written in a cursive style.