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Mathew R. Hyde
(Wrote On)
January/25/2013

My story on how Mental Health Care has been positive In everyday life.

To whom it concearns, this is a brief description on how mental health care has positvely affected me throughout my life.

The positive things that have helped me manage my mental illness throughout the yearsare food stamps, medications, couseling, therapists, and organizations affilliated with mental illness such as dhmas in Hartford and Torrington. I have also been supported by a non-profit organizationnamed Prime Time located in Torrington.

With limited familly support these programs play a big role in keeping my mental illness under control. I learn to manage the diseases I have with these support systems and all the help I receive for which I am gratefull. These organizations I stated above help me deal with everyday struggles with my mental health.The state facilities a wide network of people who care.

I personally have 4 mental health disorders (diseases) and with these supports in the current it's been a rough road, but at least with such organizations I can strive to plug along under any circumstances to succeed and achieve. Simply stated where would I be today without this support? The answer is you don't know and to be frank I wouldn't know either.

In conclusion, all of these programs with mental health care are great for me and the community. The question is how can we make it better? Also, who's willing to hope for us to get better and how can we strive to make us better?

Thank you very much for listening today Mathew Ryan Hyde.