

MENTAL HEALTH

By Colleen Heighington

Mental health is a big topic. I have seen first-hand that when a person does have mental health issues and they do not seek or receive the right help and support that is so needed, sometimes this can lead to self-destruction. The sad part about this is that some people don't even realize that they do so desperately need help. Family and friends may see it and hope that they will get help and get better.

Some mental health issues can be hereditary while others may stem from making wrong choices or from other sources. I have seen children placed in foster care or family care for their safety and wellbeing until it is deemed safe for them to return to their parents or caregivers. Sometimes they do return and sometimes they do not. Heavy drinking or taking to drugs, only to mention a few, can be a way out for some with mental health issues, to help them ease their pain. Through low self-esteem and not caring or looking after oneself this perhaps can lead to their lives hitting rock bottom. Some will need hospitalization and might need medications or they might need a change in the medications that they are presently taking. I have heard of people who go off their medications completely when they start feeling better. Bad idea ... eventually matters only get worse for them and that in itself is so devastating and heartbreaking to see.

I have seen for myself that when a person does receive the right care and support, such as in the case that I am about to share with you, there is a light at the end of the of tunnel for them!!

The person I'm speaking of was hospitalized for several months, and this became the turning point in her life. When she got out, only good things began to happen!! Years of struggling and battling demons were eventually replaced by self-confidence, which led to her feeling so much better. And once again, she felt loved. Even though people did love and care for her all of the time that she was sick, mental health issues sometimes made it impossible for her to see or feel it.

This person is doing fantastic!! Life has come back to her. She is now looking after herself, thinking and writing more clearly, talking more coherently and doing things that she once so enjoyed, such as going back to church, letter writing, socializing and having lots of fun again. The walker that she once needed to get around in is no longer needed. I am so very happy for her. I am happy that she again feels so loved, and feels comforted in the knowledge that someone cares for her. Now, she is excited about each new day that lies ahead for her. Most importantly, she feels the unconditional love coming from God, her Heavenly Father, who will never leave her and will help and bless her always.

The person that I have been writing about is no other than my beautiful sister ... she is an amazing example of a saying that my late father-in-law once said to me while being in the hospital ...

Where there is Life

There is Hope!!!