

# Thoughts ... from Colleen Heighington

Mental Health Issues have always been around since the beginning of time and we all will experience some of them during our lifetime. I've experienced some of them first hand and I know that others have too.

Mental Health Issues will never go away so I think that it is wise for us to know exactly what to do when they do enter into our lives.

Alcoholism is a Mental Health Issue that needs to be addressed as soon as possible as it can be devastating if left untreated. There are several ways in trying to make things better. AA(Alcoholics Anonymous) is an organization that has been around for a very long time and has helped out so many people who have a drinking problem. Family and friends are most welcome to attend their meetings giving support and encouragement for the person who has been affected. Even though family and friends will try hard to help out and who want the person to get well again and recover, the decision is not up to them but to the one who has the problem and they alone are the only ones that can make it happen.

Another Mental Health Issue such as Depression can also be devastating and if you suffer from it, it is time to go to the doctor's and get some help. The sooner the better so that in time, you can get back to feeling better and getting back to your normal self. I know of someone who gets bouts of depression and at one time, they needed to be hospitalized. They received therapy, excellent care and support and today is still doing very well. After being discharged from the hospital, they were going once a month to see their Professional Therapist and whenever they feel that they need their help, they still go which has been most helpful in their recovery.

Unfortunately, with the onset of COVID-19, Mental Health Issues are on the rise. We do not know when this will come to an end. Hopefully soon, when a vaccine will come out that will relieve us with the stress and anxiety that we have all been feeling since it all started. Everything in life has changed. It is a sad reality that this

has happened but we all must do our best in facing it and facing our fears. I find it most helpful to talk to someone that I can trust and share my anxieties with them. One day, they might need the same help and I can be that person for them.

In closing ... Mental Health Issues are part of life and it is up to us to decide on how to cope with them when they arise even if it means going to the doctor's office to get some help. The good news is that you will never walk alone as there will always be someone who will be there for you who truly cares on what you are going through. There are Therapists, Psychiatrists, Mental Health Workers and so many others to give you a helping hand. I am most thankful for the many professionals that are out there to help me if ever needed ... and I am also most thankful to the Dear Lord for His constant care and always being there for me too!!!