

Editor & Chief: Phillip Smith

## Major Depression

**n: a period of low economic activity.**

Being in this kind of a depressive state in your life can be a very dangerous time because you want to be alone and you do not want to do anything and most people in this state wants to harm themselves and don't want to live anymore. They fill that they are all alone even when they are with or around other people and they also fill useless ,unloved ,unwanted ,like their no good for nothing and they also would think that it would be best if they were not on this earth anymore and they start thinking about suicide and ways to commit suicide. Some people go into a zombie state (means that they just sit and stare and don't move at all). I know how some people are when they are in this depressive state because I have major depression it is one of my diagnosis for mental illness and I get just like that when I become depressed.

By: Phillip S.

## Consumer Recovery Stories



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I realized that I had a mental illness when I was about 27 years of age. For the past few years I went to counseling and to other groups. My medications are working real well for me now. My support system is my sister, the clubhouse that I attend and my friends. The way I got started in recovery is by taking my medications, get counseling and by talking to my friends. Some of my goals are moving out on my own and settle down and have a family. It is very important to always take my meds on time and never miss a dose. I have a suggestion for people with a mental illness "please stay clean from illegal drugs and alcohol and also work with your doctors and never take no-one else's meds but your own". Well that's how I am in recovery for my mental illness and everybody prays.

By: Jeff H.

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When I was 16 (1979) years old I had my first nervous breakdown. It was after I had my first baby. I was sent to the state hospital for 3 months they put me on all kinds of medications like Depakote, I was on it for years and it didn't help much. 2 years later I had my second nervous breakdown and I went back to the state hospital for another 3 months and they kept me on Depakote so I was not much better by this time I had my second child. I had my third nervous breakdown in (1988) and they put me on Risperdal, Lithium Carbonate and I am doing a lot better. I am also a diabetic so I take meds. for that like Metformin HCl , Zocor , Actos , Trilipital , Glyburide , Aspirin , Levothyroxine , Byetta (shot) , Risperdal Consta (shot). I have had a lot of hard times but I am doing well and enjoying life. I realized I was getting better when I could distinguish reality from fantasy. My family helped me and gave me a lot of support. I went to Cumberland Mountain Community Services and kept all my appointments. My plans for the future is to be with my grandbabies as much as possible. I have a suggestion for people with a mental illness "When you realize you have a mental illness seek help and stay with it".

By: Suzanne S.



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I had a feeling that I got my mental illness from my mother. Before I moved to Stafford ,VA my mom was a schizophrenic and I also realize that I had schizophrenia. I realized that I was going to recover from my mental illness thanks to my meds , the doctors , the staff at the home where I live , the staff and the members of the clubhouse where I attend and all my friends. Hope that this will help you to understand that even though you have a mental illness you're really not that different from anyone else. By: Tina R.

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I was diagnosed with having a mental illness when I was 19 shortly after graduating from high school. I had symptoms of Schizophrenia and I was diagnosed with having it. 10 years later they changed my diagnoses to Bi-Polar disorder. My mood would change rapidly. I had to go to the state hospital in Marion for a while, and then came back a second time. I was introduced to the Riverside Clubhouse in St. Paul at the time. I quickly fit in and I made friends easily. I quickly enjoyed the program and everyone there plus we had a lot of fun. I learned that I had a chemical imbalance of the brain. I made friends in the hospital and seen a lot of people that had a mental illness and considered myself lucky because there were people that was a lot worse off than me plus they had a lot of problems. Medication and dedication with help from my dad and my entire family and the staff and the members at the clubhouse. When the clubhouse moved from St. Paul to Lebanon they changed their name to Clinch Mountain Recovery House and I still attend there and I am the President there also. I find myself in recovery but not fully recovered yet but living a very meaningful life which I enjoy very much. Being able to attend CMRH helps me tremendously with not thinking about my illness and to occupy not only my mind but it gives me support and friends in which are people who I care for and see 5 days a week. I live a normal life and I owe it all to everyone who helped me when things wasn't going the best.

By: P. James K.

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Hello ladies and gentlemen I am 37 years old and I have a mental illness. There are a lot of famous people who had or has a mental illness for example ( Abraham Lincoln, Edger Allen Poe, Emily Dickenson, Merlin Monroe, Jim Carry, Axel Rose, Jean-Claude Van Damme, etc. ). It shows me that I can do anything or be anyone even becoming the president of the U. S. even tho I have a mental illness. I was born in Maryland in 1970 the 3rd child out of 4 to loving parents. I have an older sister and a older brother and a younger brother and we all have a mental illness but only me and my sister really admits that we have a mental illness. Our mental illness is hereditary it has been passed down threew generations. I knew that there was something wrong with me when I was very little but my family would not admit it. **“( SUICIDAL THOUGHTS ARE ALWAYS ON MY MIND )”** I would be very very depressed and very very lonely even when I was around other people I would just sit and stare like a statue for very long time at a time and I was also very suicidal and I thought about many ways to kill myself and on May 23,1993 I was so darn depressed , so lonely and so suicidal that I didn't want to live anymore and I didn't care if I hurt anyone either so I attempted suicide by taking a lot of muscle relaxers (pills) . We found out later that if the pills where new I wouldn't be here today I would have successfully committed suicide but thank goodness that the pills where old and lost most of their strength and I was in Buchanan General Hospital for 3 or 4 days and ever since then I have been having trouble with my stomach. I haven't gotten any help for my mental illness yet so in November '98 I became very very depressed and very suicidal again and I didn't want to fail in my suicide attempt this time so I got a 16 gauge shotgun off the gun rack and I remember putting 3 shells in it ( for some reason I don't know why but I wanted to kill my parents and myself ) I remember raising my bedroom window and putting the gun barrel out the window and pointing it at my dad all I had to do was to pull the trigger and I would have killed my dad but something stopped me and I don't know what it was and thank GOD that I didn't pull the trigger. I remember unloading the gun and putting it back on the gun rack and when dad left I called the cops and told them to get hear quick or there will be 2 counts of murder and 1 count of suicide and in a very short amount of time they were there and that is when I spent 4 1/2 months in Marion the state nerve hospital and also that is when I was diagnosed with a mental illness. I am so glad that I have a mental illness you might think that is crazy but I am and I'll tell you why. Before I was diagnosed with a mental illness I was a very shy, depressed, lonely and a very suicidal person with a very few friends but with my illness I am not that person anymore I have a lot more friends now. When I get in a depressive state I don't want to live anymore and I fill that no-one would ever care or even miss me if I wasn't around anymore and I fill useless and I don't even care if I lived, died or hurt anyone around me. ( continues on page 3 )

After I got out of the state hospital I started going to the clubhouse in Richlands, Va. I've went to 3 clubhouses before I really found the 1 that I love going to. Before then I didn't know about the clubhouses and what they offer someone like me. I have lived in an adult home for awhile but now I am living on my own going on 3 1/2 years. I've had 2 part time jobs and I've only relapsed 3 or 4 times since being out of the state hospital. I am so very grateful for the staff and the members at the Clinch Mountain Recovery House for being there for me when I really needed them. **"I AM ON THE ROAD TO RECOVERY"**

By: Phillip S.

## Poetry By Consumers



*Lincoln Dickinson E.A. Poe*

### Seasons

The rain came down and cleansed the earth,  
The fish are jumping in the stream,  
The flowers are blooming,  
The birds are singing and building their nest,  
It is springtime in the city.

The sun is shining and making the garden grow,  
The cows are munching on the green grass,  
The farmer is cutting the hay,  
The kids are swimming in the river,  
It is summertime in the country.

The leaves are changing colors,  
The children wave from their school bus,  
Pumpkins are hanging from the vines,  
Cheers can be heard from the football field,  
Fall is in the air.

Bells are softly ringing,  
The lights are shining brightly everywhere,  
The kids are asleep waiting for Santa,  
The snow is softly glistening,  
Winter is here.

By : Lawrence R.

**THESE THREE FAMOUS PEOPLE**

**ABOVE ALL HAD A MENTAL**

**ILLNESS**

### Thinking Of You

When I laid down last night to feel better; it was then that I thought of you. I prayed to God and Jesus that I could dream of you until I would wake. The prayer was answered but I still miss you and wish what could have been. When I arose from bed I seriously got the best night sleep and I didn't have to get up once. With you my dear in my arms time just flew by so soon. I remember the fun time that we shared and the way you would giggle at my jokes. I guess that I'll always think of you, sometimes wondering if you think of me. The one thing I'll remember about you was the long talks and the way we danced.

By: P. James K.

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# NEWS



# LETTER

## Jokes By Consumers



- 1) What do you get when cross a cat and a 10 foot pole ? ( A 10 foot pole cat )
- 2) What do you get when you cross a cat and a fish ? ( A catfish )
- 3) What's black and white and red all over ? ( A newspaper )
- 4) What's 2 and 2 ? ( 22 )
- 5) What do you get when you cross a night crawler with an earthworm ? ( A medium size worm )
- 6) What is a pretty orange without the orange ? ( A sexy peel )
- 7) What did the other fishes say about the bass ? ( Boy he sure has a big mouth )
- 8) What did the baby wear on the train ? ( Training paints )
- 9) What did the hamburger say when he jumped off the grill ? ( Sorry guys I'm getting the ham out of here )
- 10) What do you call a shark that's been with his girlfriend with his fin half gone ? ( Twice bitten )