

“Mental Health does not discriminate”-(unknown).

I can honestly say that up until the winter of 2020 I was fortunate to not have struggled with my mental health much at all. It was during the pandemic that my reality quickly shifted. I remember looking outside my window at all of the snow and feeling a deep sense of fear. I felt like the last person on the planet.

It was during this time that my mental health plummeted. My support system went above and beyond to get me the help that I so desperately needed for months. Unfortunately, what was available locally for mental health recovery, was sparse to say the least. My supports and I worked to secure placement at a residential facility downstate for treatment. It was not a quick solution, it took months and funding.

My supports were able to start a gofundme, we were able to raise the money needed for my placement at the facility. I spent a number of months at this facility, learning and applying skills to improve my mental health. I wish I could say that staying at this facility was the fix all for my mental health. After several months at the facility, my mental health declined once again, to one of the darkest corners of my life. The staff at the facility had to make the difficult decision to hospitalize me. The facility was not able to provide the level of care that I needed at the time.

During my time at the hospital, doctors and staff would joke that I made a miraculous recovery. Initially, I had been solely motivated to get out of the hospital. After a couple of weeks at the hospital, I realized I had to shift my mindset and my goals to truly benefit from this hospital stay. After a month and a half, I was discharged from the hospital. I had advocated for myself while in the hospital and stated that I wanted to return back to my home along with strong community supports.

Since coming home, I have been involved in a clubhouse for people living with mental illness. The clubhouse has provided a level of stability and community that I was lacking. Additionally, I have been paired with a Peer Support Specialist and a therapist.

My mental health recovery journey has not been linear. I am thankful for those who never gave up on me.

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