

My name is Greg.

I'd like to share my story of HOPE.

Anxiety & Panic Disorder came into my life in my early twenties. I've suffered for over 12 years. With each passing year, I got worse. I sought treatment from numerous doctors in my local community, but none offered me much help. Eventually, my life became so limited that I could only go to work and straight home. While at work, I could not leave the office. On the weekends, I just sat at home. Fear of anxiety and panic attacks ruled my life and I wasn't living anymore. Life was very empty and all of my relationships were suffering. I wasn't able to be the Daddy and Husband my family deserved. My life was miserable.

Finally, I decided that I'd had enough and was determined to find a place that could help me. I researched mental health facilities all over the country. I spent many nights on my knees and in tears asking God to lead me to the right place to get real help. I found Lindner Center of HOPE.

I live just 6 hours from Lindner, but it took me three days to get there. I would only travel alone in the middle of the night and under medication. I'd stop and get a hotel after driving a couple hours each night. Finally, I arrived and found myself in the parking lot. I was afraid, but determined to get the help I needed. I made myself walk through the front doors, which was one of the hardest things I've ever done.

Once inside, I was greeted by kind and gentle people that eased my fear. I knew I had chosen the right place.

I ended up staying 5 weeks at the Center, and the experience was truly life changing. Every single staff member I encountered was kind, supportive, and gentle. The people at Lindner truly understood my issues and how to help like no one I'd ever encountered before. My treatment team was more than I could have asked for. They truly "got it" and were willing to think outside the box in order to give me real and lasting help. I was utterly amazed at the spirit of HOPE that was found at Lindner.

I am forever grateful and appreciative of Lindner Center of HOPE. I was given the support and tools that I needed to get my life back. The people of Lindner truly have the heart for serving their fellow man. And this is why I tell you my story.

I'm not just living again, I'm flourishing. My career has taken off, my family is stronger, and my friendships are renewed. I thank God for Lindner and every single person that helps make it a place of HOPE. Thank you for giving HOPE.

Greg

\*As a non-profit hospital and research institute, Lindner Center of HOPE relies on financial support from individuals like you. Please make your gift to Lindner Center of HOPE today. **Your gift can make a difference in the lives of those who suffer from mental illness.**

