

My name is Sherry.

For most of my life I have suffered with debilitating mental illness. In fact, I say, I was born with it. My father suffered from undiagnosed and untreated mental illness, until he took his own life. His illness caused him to abuse me emotionally and physically when I was young. I guess the genetics and the trauma contribute to the manifestation of my own illness.

Over my lifetime, mental illness has caused me seemingly unending pain, shame and anguish. I lost everything I had to mental illness and addiction. I've had periods where I was unable to function or take care of myself. I've even attempted suicide when the pain became too unbearable. I've been seeking treatments since my late 20s – more than 20 years since I was originally diagnosed as having bipolar disorder. I've been in and out of treatment facilities, with experiences that added to my trauma. To no avail my condition wasn't improving at all. Though many times I considered giving up, fate would have it that I would find a shred of hope, and I would keep going.

In 2012 I discovered Lindner Center of HOPE, specifically their Sibcy House program. An accurate diagnosis, an intensive treatment stay and a long-term treatment plan that includes a coach, has changed my life. Lindner Center of HOPE is not like any place I have ever been before; it is a safe place to land. A place where I was treated with respect and the staff supported me.

Like the pieces of a puzzle, my life appears to be coming together. My new found success is the result of my Lindner Center of HOPE experience. My wish would be for others who are suffering to find the missing pieces of their puzzles too.

All my best,

Sherry

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.*

