

## Sibcy House Testimonial:

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All my life I've struggled with deep clinical depression and was diagnosed with Bipolar II only a few years prior. I'd used multiple substances to try and cope with the emotional and mental trauma that had littered my life since early childhood.

The weeks that followed one particular Christmas holiday season were some of the worst of my entire life. I was emotionally betrayed by friends and family and fell into an aggressive and dark cocaine, alcohol, and cannabis binge. For 2 weeks I numbed myself to the point where I no longer cared if I made it to the following day. In my early past, I had been hospitalized for a suicide attempt, but this time it was different; I simply wanted to fade away into nothingness whilst feeling nothing.

At my rock bottom, I checked into the Sibcy house in early January. I arrived disheveled, distraught, desensitized, and desperate in every aspect of my being.

I started with a 28-day commitment, which soon turned into 56 days. During those two months, my psychiatrist, psychologist, neuropsychologist, and care coordinator showed me what true care and compassion are. The staff of Sibcy House, as well as my peers, supported me every step of the way. But most importantly, for the first time in my life, I was the one making those steps.

In every sense of the phrase, my time at Sibcy House changed my life. It gave me the tools to rediscover myself, to forgive myself, to learn to finally love Adam. If it weren't for this program and how it empowered me to better myself, I would still be living in darkness and depression.

To say that I'm thankful is an understatement, and that's why I'm writing this. To show, whoever the readers may be, that there is hope for you. All of you. If you're lost and no longer want to live in pain, if you're willing to put in the work, there is no better place for you to be than Sibcy House.

With heartfelt sincerity,

Adam K.



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