



**BECAUSE EVERYONE
DESERVES TO BE HEALTHY.**

LIVE UNITED

Amy first came to Lakes Region Mental Health Center (LRMHC) after being hospitalized for her severe depression and paranoia.

Given the severity of her symptoms, it became too difficult for her to manage and she sought LRMHC for help.

During her time at LRMHC she received therapies and was taught basic coping skills to manage her memory of the trauma she endured and processing techniques.

Amy is now able to reframe her negative thought patterns and is more aware of her boundaries and when those limits have been crossed.

Amy is also working to advocate for herself and remove herself and her child from a domestic violence situation.

Today, she exhibits increased self-esteem, healthy boundaries, better sleep patterns, exhibits no paranoia, and chooses to utilize the coping skills she has learned.

Amy's depression and trauma symptoms have significantly decreased since she walked through the doors at LRMHC.

Now she is working, pursuing hobbies, spending quality time her child, and truly enjoying her life again.

United Way fights for the health, education and financial stability of every person in every community.

Learn more at www.graniteuw.org.



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