



Turning Points: My Journey Into and Out of Mental Illness

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“Speaking from Experience”

The Present

- **Mental Health Advisor**
- **Former Executive Director/CEO**
- **Spouse**
- **Mother**
- **Grandmother**
- **Keynote Speaker**



- **Productive**
- **Outgoing**
- **Accomplished**
- **Compassionate**
- **Happy**
- **Fulfilled**

The Past

- **Failure**
- **Sponge**
- **Disability claimant**
- **Burden**



- **Hopeless**
- **Helpless**
- **Guilty**
- **Worthless**
- **Angry**
- **Suicidal**

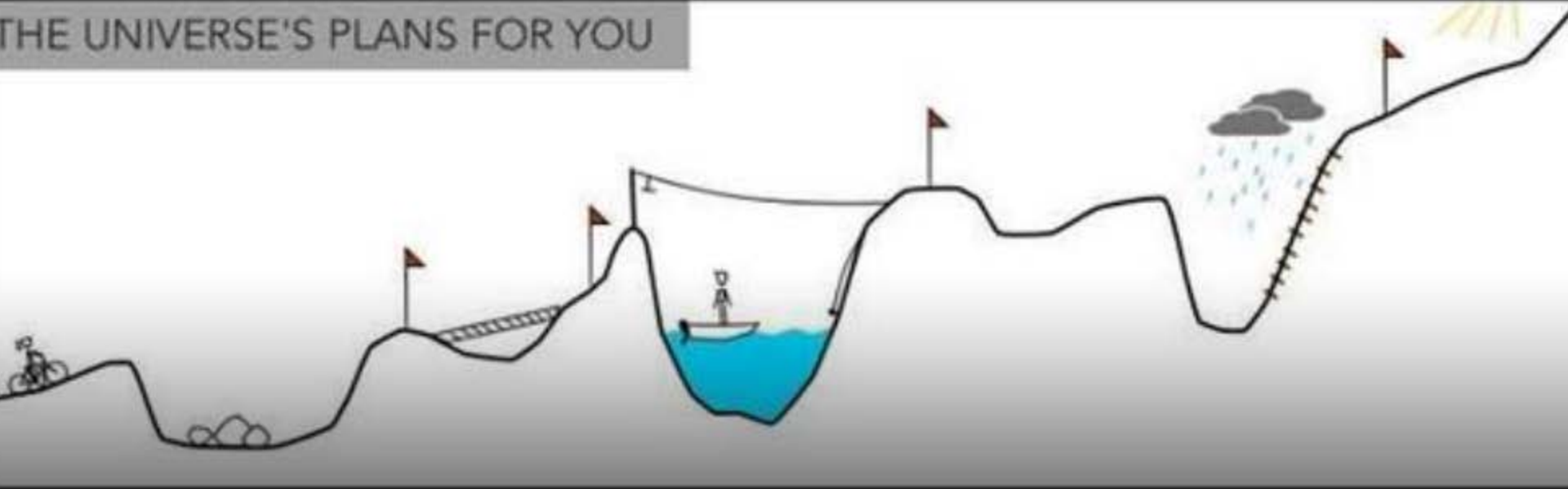


Touch Point #1: The early years

YOUR "PLANS"



THE UNIVERSE'S PLANS FOR YOU





Now it's your turn.



Touch point #2: Attribution



My credentials



My constant companions

What's Working?

- The work (purpose)
- Time off
- Accommodation
- People

What's Not Working?

- The silence
- The eggshells
- Time off
- Isolation



Touch point #3: A phone call



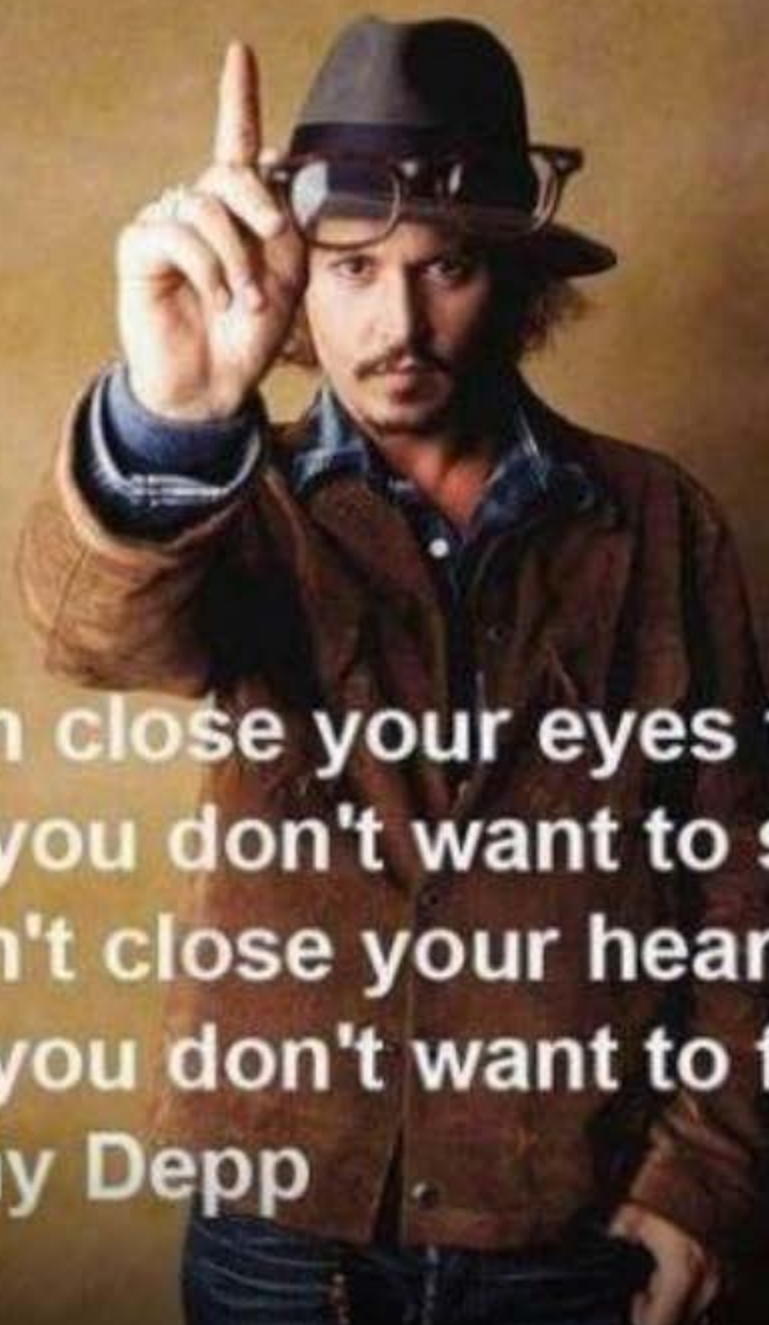
Touch point #4: A dinner party



**Touch point #5: A miracle?
Or science?**



My two BFFs: Maya and Johnny

A photograph of actor Johnny Depp. He is wearing a brown leather jacket over a blue denim shirt, a dark brown fedora hat with glasses perched on top, and a mustache. He is pointing his right index finger upwards. The background is a plain, light brown wall.

You can close your eyes to the things you don't want to see, but you can't close your heart to the things you don't want to feel.
~Johnny Depp

For more information and mental
health advice:

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