

A journey of mental health... A path to hope...

"I was so afraid. I didn't know what to do. My life was out of control and I was falling deeper into my anxiety and depression. My world was changing, and I had no compass. My insecurity began to take over. It was overwhelming. I was trying to stay strong to maintain my sobriety and manage my college work and job. I was struggling with mental health challenges and my relationships. I was scared for myself and for the well-being of the little baby girl that I was expecting. I needed help before things got any worse.

I turned to Christian Health's LiveWell Counseling for help. This is where my journey of healing began.

My life changed forever.

At first, I was reluctant as I had so much to process and address, but I knew I could not get through this alone. I was so blessed to meet Dr. Reddy and Dr. Dhingra, who provided me with comfort and support and a special care plan that helped me turn



Srikanth Reddy, MD, Bart Monginello, LCSW,
Monica Dhingra, MD,
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my life around. I had been struggling for so many years with my mental health and it wasn't until I came to LiveWell that my life changed for the better. I found myself and the best way for me to heal and find wellness. My little girl, now two years old, has a healthy and strong mom. I am grateful for God's blessings, and my daughter gives me purpose.

I will forever be grateful for the dedicated care team at LiveWell, especially my therapist, Nadine. She is such a compassionate caregiver, and she has made such an incredible impact in my life. I made an instant connection with her, and she continues to inspire me to better care for myself, and my little girl. I found courage that I didn't know I had, and I want to help others know that the path to hope, healing, and wellness is here— at LiveWell Counseling.

*I found my faith in God, and I pray for my blessings and my family. I pray for others who are hurting and need support, as I did. I encourage others who struggle to reach out for help. I want everyone to know there are plenty of resources at Christian Health. **There is hope!** At LiveWell, there is no judgement, only compassionate and loving mental health providers who are waiting to help you! **I turned the corner to healing and you can too!***

Today, I am strong. I have direction and found my path to a bright future filled with faith, love, and hope. My scars are deep, but my faith guides me forward. I graduate college in Spring 2023 with several health care job interviews to look forward to.

To everyone in the community: I am a mom, a sister, a daughter, a friend, and my mental health matters. Be kind to yourself. Seek the help that you need to find comfort, stability, and safety as you face any mental health challenges. I know personally how scary life can be. I also know personally that there is help and hope.

*Thank you for the opportunity to share my story. I am better. I am happy. I am blessed and healthy. **Together we can be a voice for those who are vulnerable and help to address the mental health crisis.***

*Please consider making a gift to Christian Health. **Be a light for someone in need.**"*

~Melissa, a client of Christian Health LiveWell Counseling

