

Dec. 10, 2018

When I was a little girl in Palatine, Illinois I heard voices. No one took me to a psychiatrist back then. In high school in Arlington Heights, Illinois I started having panic attacks. I would be overcome with terror that other people wanted me to ~~be~~ commit suicide. I think I talked to a counselor at the high school, but I didn't see a psychiatrist.

In the 1970's when I started working at a part time job my mother took me to a hypnotist. That helped. I saw him a few times. In the 1980's I saw a psychiatrist that specialized in agoraphobia. That helped me. In the 1990's I saw a psychotherapist a few times. She put me on medication, but the side effects bothered me. I had to stop taking the stuff.

In 2008 I abused a bottle of anti-histamines. I went through a bottle of 30 tablets in two days. I thought they would help me sleep, but they didn't. I stumbled around the house. My dad was mad at me. My sister took me to the emergency room. They admitted me to the psych ward.

My sister has a Bachelor's of Science in psychology. She found out about the Kenneth Young Center. When I got out of the hospital

I started attending PSR, Medicaid paid the hospital bill and the PSR treatment.

My recovery started back then in 2008. I've been in PSR now for ten years. I need the structure and my time to be filled with groups and counselling sessions. I look forward to going to PSR every day I come here.

- Cynthia Ann Tidel