



REAL PEOPLE SHARE REAL STORIES

TAKE CHARGE OF YOUR MENTAL HEALTH

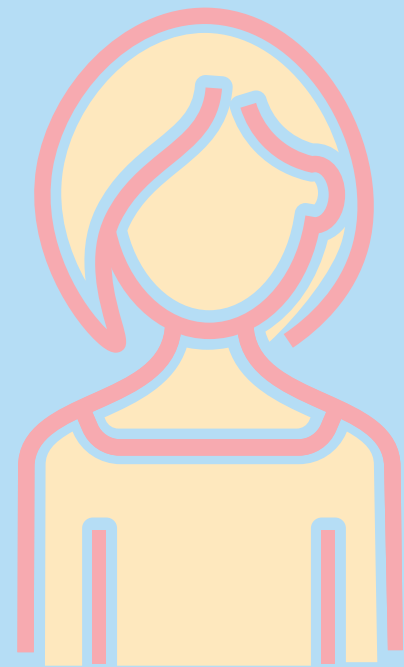
IT'S OKAY TO NOT BE OK

“ Seeking therapy and treatment has been life changing for me personally. I used to be ashamed to say I was going to therapy in college. I would go to therapy for a few sessions and then think I was healed and then the cycle would repeat itself for two years until I decided enough was enough. I started going to therapy regularly my junior year of college and it was life changing.

Therapy has helped set better boundaries in my friends and in my relationship with my family.

Something I want people to know is that it's okay not to be okay and you're not alone. ”

- **Mashaal**



I WISH I HAD BEEN MORE OPEN TO MEDICATION

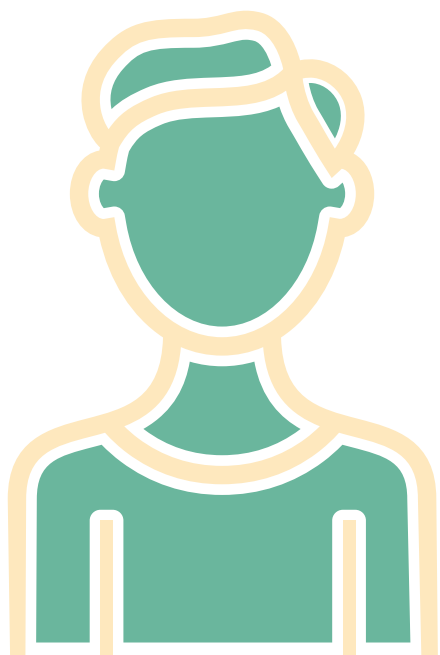
“ I was always a touch and go with therapy during college. I'd set appointments and cancel on the day of with a last minute excuse.

Medication wasn't even a part of the conversation because my family always saw it as a bad thing. Little did I know how helpful the combination of medication and therapy would be in understanding myself, what I want in life, and my perspective on what it means to be successful.

Looking back, my only wish is that I had sought out help earlier and had been more open to medication.

If you're even remotely wondering if therapy & medication could improve your own quality of life, reach out to a nearby therapist or psychiatrist using the website Psychology Today. You may not find the right match on the first attempt, but overtime you'll see a difference as long as you keep trying. ”

- **Ali**



I THOUGHT PREGNANCY WAS TOUGH. LITTLE DID I KNOW...

“ The day after my son was born, I developed severe anxiety. The lack of sleep only magnified my anxiety. I had difficulty breastfeeding, which made me feel like an unworthy mother. I was unable to feed my child. I felt overwhelmed and helpless. When we brought my son home, the stress got worse and I was worried I would never feel like myself again. I finally made an OB appointment and shared my feelings. They gave me medication which helped a lot.

Something I want people to know is that postpartum is tough. Breastfeeding is tough. Make sure to give yourself a lot of love & let go of the mom guilt. Put yourself first. You can't pour love from an empty cup. ”

- **Tanya**

