

My name is Karen and I am 47yo

I can now recall feelings of anxiety and depression as far back as a child, definitely as a teenager and probably all of my adult life so far. At 19 I was introduced to valium this helped me I thought overcome feelings of anxiety, when now I really realise this has only helped contribute to the problem even more, the more I took, the more I needed, and I became addicted to these.

Over the years I have had several attempts at trying to come off them, but every time life got tough, my crutch was valium. At 40 I decided why bother I had used them for 20years why stop now.

Life went on, I continued through the haze of valium, anxiety, depression, and some dark moods, isolation and shame.

Last year was tough, family issues to deal with, then the death of my mum I was devastated, and taking up to 5 or more valium a day, they were getting harder to get I felt ashamed practically begging the doctor for them, and I had no intentions of stopping taking them, I didn't want to hear about depression or anti depressants, I was grieving I thought, I'll snap out of it by having a few drinks this will help the valium kick in even sooner, then I found myself having a drink every night, and if I didn't have to work I would spend my days in bed. I feel bad now because my husband and kids were just so used to me being in bed all the time, even though they would joke about it.

One day I took notice of these adverts on TV that were running from some organisation called ADASE this advert was about anxiety and depression, no matter how much I wanted to deny it, I had been diagnosed with major depression over the years and anxiety attacks, so I rang and attended their information session, it was the best thing I ever did.

I was happy to be accepted into the program even though I didn't really hold out a lot of hope of it working for me, but what did I have to lose; I needed to do this for me!

Helen is great she wasn't only talking the talk, she has walked the walk, so totally understood us, her confidence in us made us confident, though you would not wish anxiety and depression on anyone. It was a relief to know that you're not alone, the other people in the group were an inspiration and supportive, and you could see them moving forward too.

The tools I have gained from the mind over mood program through ADASE are invaluable, I am proud to say I haven't had a valium for 3 months now, life has been kinder to me at present, instead of reaching for valium when life throws me a curveball which I will welcome now as a challenge to use my tools that I have gained from ADASE.

I have been introduced to meditation which compliments the anxiety tools I learnt from ADASE. My anxiety attacks have been far and few between now, my doctor and counsellor are happy with me too ceasing the valium.

Yes I have done it myself, though take one day at a time, I believe I wouldn't be at a better place now if it hadn't been for ADASE.