

To whom it may concern,

I completed the 11 week ADASE Mind Over Mood Program on the 14th of June 2011. I am 23 years old and have suffered from depression, OCD, Anxiety and panic attacks for the last 13 years and in recent times I had a traumatic incident happen to me that I started having symptoms of PTSD. Before doing this program I had 2 therapists, a regular GP and on medication. I went into this program a broken woman, suicidal, no hope left or barely a sign of life. I was so far down in a hole that if I didn't at least give this program a go, I wouldn't last much longer before I would have written my life away.

We started week 1 and I walked out thinking there might just be light at the end of the tunnel, but how far would I have to keep going before I got out? Weeks 1-4 were about a lot of self discovery, your thoughts and why you think what you do; it put a lot of things into perspective for everyone in my group. Weeks 5-7 I learnt how to re-arrange my thoughts and moods into a better way to help my depression, OCD, PTSD, anxiety and panic disorders; learning these tools I can take them with me for the rest of my life and keep my disorders controlled and not let it affect my life the way it used to. Weeks 8-11 were my favorite parts in the program. I learnt about understanding each of my disorders and by learning about them I was no longer afraid when they came to the surface, because I had learnt how to cope and not fight against them. In fact it is a happy time when I get an anxiety or panic attack because every time they come it gives me more practice on controlling them; before this program if I had even the smallest attack I would be distraught and not know what to do for days. During these weeks in the program I learnt about assuming and how this can fuel my panic attacks and depression, I gained perspective of my core beliefs and how I came to think the way I do in life, where these learning's and feelings sprouted from. One of the best things I got out of the program in weeks 8-11 was experimenting with my OCD, anxiety and panic attacks meaning situations that cause these disorders to increase. Planning out an experiment it gave me control of possible problems that could happen but the best thing was strategising how to over come these problems, and I tell you experimenting with your disorders is one of the best things you can do! Like I said earlier the more you practice with it, the better you get at controlling the disorder and not letting it affect your life. As well as experimenting with a disorder I also learnt how to set goals and action plans whether that be actioning doing house work or making a goal of loving my husband more, just like experimenting I got control of possible things that could go wrong and what I can do if something does go wrong in my goal/action plan.

What Helen Williams is doing for so many people of the South East community should be Australia wide if not worldwide. This program has saved a lot of peoples lives including mine. If it wasn't for this program I honestly do not think I would be here today. I am finishing up therapy with one of my therapists after 19 months and with my other therapist we are now extending out my visits, and I am happy to say that I will soon be reducing my medication. If I had money growing on a tree I would give half of that tree to ADASE, because that is how much it has helped me as well as so many others. This program along with group support is the best thing to help handle someone with as many disorders as I have, I truly believe there is nothing better out there then ADASE to help people such as myself. Please support ADASE by getting behind Helen and helping this loving woman with funding and advertisement, you will be helping Helen save millions of lives.

I was re-born a better person from ADASE and even though my disorders will live with me, each day they affect me less and less all due to this wonderful program.

Much love to Helen and Patsy, thank you ladies you saved my life and for that I am forever grateful. You are two beautiful angels sent from heaven.

Mel from Mount Gambier