

I'm writing to explain how important the ADASE Program is and what it did for me. I have been suffering for about twenty years with depression. Seeking advice from GP's who referred me to counsellors, physiologist and being prescribed different antidepressants with different dosages, leaving me desperate that I'm not understood, alone and with losing hope of ever feeling better.

A friend suggested contacting Helen William the CEO of ADASE, feeling apprehensive and scared that it won't help me and be disappointed yet again. Starting with the course I felt immediately that I'm dealing with people that understood. Helen was not what I expected. She is not a Doctor but a person like you and me who suffered from depression and anxiety herself. My hope of getting better increased a little.

During the course we learned different techniques and tools to be able to manage the depression and anxiety. It is not easy and requires practice. I have just finished the program and am more hopeful again that it is helping me. I have improved, feeling better within myself. Even though the course has finished, I can still get help with phone calls or emails to Helen or Patsy if I get stuck with what we have learned. We will have follow up meetings as well.

The program is designed very cleverly so that you don't have to share your personal experiences if you don't feel comfortable to do so. Every person learns differently. Some are better at taking information in verbally, others by reading or looking at pictures. The course is designed to cater for that.

I'm grateful to my friend who suggested ADASE, to Helen for having the insight and strength to start up the program, Patsy for caring and helping us and to my group.

I hope that ADASE will get the recognition and financial support from the government or other entities that it deserves. I will be donating some money and will become a member because maybe one day my children will need that hope, and the tools that ADASE provided me with.

Thank you to the supporters and sponsors of ADASE like

- Win TV
- Southern Mental Health Centre for Anxiety & Related Disorders
- South East Regional Community Health Service
- Flinders University Rural Clinical School.
- Mental Health Coalition of Australia
- Community Benefits SA
- Standlike Stone Foundation
- District Council of Grant
- Mt Gambier City Council.
- ABC Radio

I hope this information is helpful. Cheers SS