

Anxiety Disorders Association South East Inc. (ADASE)
P.O.Box 8130
Mt Gambier East
SA 5291.

Dear ADASE,

A very good friend of mine suggested that I go along with her to the Basic Program and have a listen about the course that ADASE were running. With reluctance I went along and by the end of the evening decided that I would enroll for the course. I was very excited when Helen rang and said I had been accepted for the course!

Before all this, I was not in a very good place. Life was not worth living anymore. I felt like the most useless creature on earth. I just wanted to bury myself away from everyone and everything including the people I loved the most just so I couldn't hurt them anymore. This is how useless I felt as a wife, mother, friend, and at my job. Why would anyone want to know me? I felt all I did was make a mess of things.

Until I did this wonderful course run by Helen. With the Mind Over Mood program – we uncovered many problems and worked through them. Without this course, my life would be very different. My family would not be together and I would be all alone – without my husband, as I know I had pushed him away through the depression. But I didn't know how to put things right again.

Helen helped everything make sense, through great power point presentations and personal experience. Each week would bring a new revelation and better understanding of how we CAN cope with all that life throws at us. And that I am NOT a useless person – I am VERY capable! And I am loved by my beautiful family.

Thanks to the ADASE course, and my wonderful friend, I am in a peaceful place now and would recommend this course highly to anyone who feels that life is just not worth it anymore. After this course you can conquer anything!!

I cannot thank you enough.

Yours truly

Sharney