

# My wellness journey

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Deb shares her story about her successful journey to recovery and the positive difference Pathways has made...

As the years went by after I was married, I became unwell. I found myself in the psychiatric ward in Wellington hospital. This was the start of my journey.

I remained in hospital for several months before returning home to my husband and fantastic son. My son is my inspiration and keeps me going each and every day. But several months later I found myself on my own. My husband left me taking my treasured son.

My success story started from when I was introduced to Pathways. I cooked and cleaned with the people who I lived with while staying at Pathways' Newtown service. I lived there for a number of years. It was where I started my journey of recovery. I then moved to Pathways' Whitiara service.

I used to smoke a lot and shake. I eventually became very sick [and went to hospital]. I went into a coma. When I came out of it I started to hear voices and became very depressed. I got so bad they put me into the psychiatric ward for two weeks.

I am now on new medication which has helped me a lot. I no longer hear voices or get depressed. I no longer smoke or shake. Throughout my journey, Pathways has been very supportive.

I am now going to live independently in the community. I'm moving to my dream place which is Paraparaumu. I have been accepted on a computer course which excites me very much. While I'm living on the [Paraparaumu] coast the Pathways mobile team are going to support me.

