

Finding courage

Te Rau shares her story about the support she received from Pathways and the difference it made to her...

I went to Pathways respite after being taken to Wellington Hospital's emergency department following an episode of chronic fatigue.

I'd become run down and had suicidal thoughts. My medication had recently been changed. The new medication made me very alert. My son had also become unwell which further fuelled my anxiety. These changes had a negative impact on me.

I had minimal support in the way of friends and family. I didn't know who to turn to. I came to Pathways' Brooklyn Respite at 1am on 1 September 2009. I found the house to be very nice. I didn't know the other occupants staying there, but soon developed friendships with them.

I was given medication to let me rest. Sleep and rest was the main priority and this was successful. Now (14/09/2009), a fortnight later I'm feeling well rested although still mentally fatigued. There's a lot to do when I get home but I know if I hadn't come here I might not be alive. The suicidal thoughts have now subsided and I am not seeing visions anymore. The people here [Pathways Brooklyn Respite] have been open, honest and supportive of me in my journey towards recovery. I could not have done this without them.

I'd like to thank Theresa, Chris, Connie, Jean and the entire team at Pathways for all of their help. I'd also like to thank my Maori Mental Health nurse and my doctor for their ongoing support and professional guidance.

