

Paula's Story



I have been clean and sober for 26 yrs and worked as a drug and alcohol counselor for many years.

I have been suffering from depression and believe this has been going on for many years, but was either in denial or able to handle what was going on with me.

My depression became so that all I could do was cry all the time. I also had times when I could not control my anger and would blow up. I started hearing voices and seeing things that were not really there. I

know that this was not real, but it was scary.

I felt embarrassed and shame because after all the years of being clean I should be better than this, not better than other people, just better than the depression.

Coming to Transition House has given me a safe place to live and learn about my depression and how to live with depression. It has also allowed me to be with other people who are like me, therefore I don't feel that I am alone with this depression.