

hi!

I'm Darwin! I fought a hard battle against the stigma that can sometimes be attached to mental health and when I finally accepted it, my life changed for the better.



All about Darwin...

Age: 54

Referring Doc: Dr. Strytveen

Programs: Mental Health

Residency: Morinville

Clinicians: Shelley Porter (Behavioural Health Consultant)

Patient Success Story

What led you to the SASPCN?

My breaking point came when I saw how upset my wife had become as a result of my bad temper and negativity. I saw my doctor who then referred me to a psychiatrist where I was diagnosed with being bi-polar. I then started seeing Shelley at the SASPCN...this was the changing point.

What did you take away from your experiences with the SASPCN?

It's taken me a long time but I am finally able to admit that I had a problem and more importantly, I am receptive to feedback. These days I am a strong supporter of all things mental health. Have you heard of the semi-colon project? Look it up!

What challenges do you currently face?

Life is really good. My relationship with my wife is so much better and my happiness in life has made a huge turnaround.

What advice do you have for others?

Step one for me was recognizing that there was an actual issue and accepting feedback! If you feel like something isn't quite right, ask your doc. for a referral to see a mental health nurse and make a plan.

The PCN Mental Health team helps with habits, behaviours, stress, worry, or emotional concerns about life problems that interfere with your overall health.