

**FREEDOM**

Deborah DeForest



**Deborah Deforest** (age 48) has been dealing with mental health issues for most of her life. By the age of 23 she was diagnosed with Major Depressive Disorder, Post Traumatic Stress Disorder and Multiple Personality Disorder.

"In my waking hours I wished I wasn't there, and in my sleep I would dream of another life in another place and time. I would often sit by a window and just stare out. I never thought I would make it past 21 so I never bothered to have dreams or goals, what was the point? I walked around most times with my head down, and I would mumble when I talked... sure that no one really cared about what I had to say. Here is the hope that what I send to you will provide hope and possibility for all of those who have the courage to deal with their mental health issues on a daily basis."