

Dec 1/08

I also wanted to thank you and Dr. Ward. Your class has had a profound effect on me. I have been so ashamed of the fact that I have been a mental patient. I have a history of mental illness in my family and I was always told that it was not something I was supposed to share with other people. Reading about the experiences of other survivors and listening to mental illness talked about so openly has helped me to accept my own 'mental' past and made me realize that it is not something I need to be embarrassed about.

Thank you so much.