

## Finding a Second Home

I started coming to BHcare about five years ago. My daughter worked for BHcare at the time and convinced me to get help for my depression. I had been depressed for a long time and could not control my moods or aggressive behavior.

Before I started receiving services here, I got angry often and acted impulsively. Through therapy, I came to realize a traumatic experience, that happened to me more than 30 years ago when I lived in Puerto Rico, was still having a negative affect on me. Since that experience, I have struggled with depression and anger issues.

I started working with a case manager and attending individual and group therapy sessions at BHcare. I am learning how to cope with the awful memories of what happened to me so many years ago. I am much, much happier than I was before. I have learned how to control my anger and I don't get as upset over little things like I did before. If I didn't have BHcare's services available to me, I'd be in bad shape or even worse.



"I have tried other facilities in the past, but there was always a language barrier. It is much easier to communicate with people here. All the services are available to me in Spanish. I plan to come here for as long as possible. BHcare is like a second home to me. I just want to continue to come here and hope no one ever takes my services away." Benito