Health in 2019 reported: patients who completed the treatment programs at Behavioral Health Outpatient programs.

I have high blood pressure, so I take medication for that,” she said. “If my brain doesn’t make enough serotonin, there are medications for that too. Let’s erase the stigma of mental illness.”

Jodi came to the program with severe depression. “I was absolutely miserable,” she shared. “My medications weren’t working. I didn’t want to hurt myself, yet I didn’t care if I lived or died.” She explained that the experience of mental illness goes well beyond the physical. “There are the things you keep inside that you think no one understands,” said Jodi. “They understand it here at WCH.”

She described the program as overflowing with kindness from the moment she arrived for her intake appointment. “I was scared, but they were so happy to see me and so kind. They talked with me and not at me. They emanated positivity and hope. I felt safe.”

For Jodi, her experiences with the WCH Behavioral Health Outpatient Program continue to be a big part of her life. “I carry my maintenance plan with me and refer to it when I’m having a bad day.”

Additionally, the program brings the participants close in a way that often fosters lasting friendships. Jodi regularly meets some of her fellow group members for coffee. “It’s so wonderful to have someone you can talk to who understands what you’ve been through.”

Jodi hopes that sharing her experience may encourage others to seek help. “If just one person reads this and calls, it was worth it,” she said. “I love this program. I was seeing only the negative instead of the positive. They helped me to change my mindset and turn that around. I can’t stress enough to anyone out there—there is no need to suffer,” said Jodi. “You can get help. You just need to be honest, open-minded and willing and this program works. I’m in such a good place now.”

Anyone can schedule a no cost intake interview with the Wooster Community Hospital Behavioral Health Outpatient Program; referral from a physician is not necessary.

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