



Testimonials

Note: names and other items have been changed due to privacy concerns.

Date 11-22-18

Subject: note from client who received a Liz's Legacy Counseling Scholarship

"Worthlessness, Loneliness and gut-wrenching pain are just a few words I can now proudly say I felt in the past. Many people might not understand that sentence but I'm no longer ashamed to describe and share my story with others who have and or are suffering from depression. Let me formally introduce myself, my name is Faye Butler and I want to say THANK YOU, for your generosity that has allowed me to attend counseling sessions.

For some time, I was ashamed to share with others my story of how I suffered from depression. I now know what the word means, how to understand how

I'm feeling and ask for help and most importantly keep myself accountable to not fall back to a place that unless you have gone thru you may not understand. I now know the importance of mental health and being okay to say I go to counseling. I have been able to explain to people how it has helped save my life in many ways and continues to do so.

Thank you for helping me, someone you didn't know personally, but needed help more than you can imagine. That person was and is still is me. At times I still have things I need to work on and every day I can be thankful that when I know I'm having an anxiety episode or as I call it a "sad day". I can call or text my counselor. This has made an impact on my life and I'm sure many others.

Saying thank you seems so simple, that I wish I could do more but know that as tears run thru my face as I write this letter, I'm beyond thankful. With your assistance and by God's grace, I am getting to a better place. I hope everyone has a wonderful Thanksgiving. I am personally thankful for YOU!!

-Faye Butler"