

SUCCESS STORIES



STEPHENIE

Choose Life Was the Reset I Needed

Throughout my life, I battled depression and suicidal thoughts. That struggle began in my teen years and continued until I received a God-centered reset at age 26. For about 12 years, I lived with the weight of suicidal thoughts and the physical effects of depression.

In 2022, I began taking medication, and that helped with the physical symptoms of depression. However, I still could not seem to get my thoughts and outlook on life in order, and I continued slipping into suicidal plans. When I quit my job and could not see any reason to keep going, my mom signed me up for Choose Life.

In 2023, I began five months at Choose Life that would kickstart my healing journey. Since then, I have had an amazing three years, and I can honestly say the past two years have been the best I have ever been mentally. I know it may sound cliché, but it really does get better. With effort and time, things can change.

At Choose Life, we went through Freedom Session, which was amazing. I was also able to read through the Bible during my time there, and the input and support from the staff made a lasting difference. Choose Life gave me a break from what felt like the crushing expectations of life outside the program. It also gave me the space to focus on my spiritual health in a safe environment.

The people I was there with, along with the staff, were incredibly supportive. I cannot imagine any other way to have gone through that season of healing. I am also so thankful for my friends outside of Choose Life who supported me in going.

Choose Life is not just a vacation, though. You have to show up, put in the effort, and be willing to learn and heal. Over the past three years, I have continued my journey by seeing a counsellor regularly, doing the homework they assign, staying on medication that works for me, finding a balance between stability and growth, and becoming more aware of my mental health.

Mental health is still a daily part of my life. Whether I am tracking and breaking down my thoughts or listening to what my body needs, such as connection or rest, I am learning to care for myself in a healthier way.

God is so good. Sometimes it is easy to get caught up in life, but I have learned how important it is to make time for Bible reading and praising God. Even if it is just one verse, I want God to be part of every day.

Today, I am living in my own place, working full time, in a relationship, attending life group and church, and looking forward to the future.