

Before I came to Hillside TMS, I was having a very hard long depression cycle. I was alive but not living. I had been isolating myself for months. I couldn't answer calls or make them. I hadn't gone out in the sun all summer. I was taking medication but it wasn't working anymore. Like many times before, my medications were switched but were ineffective after a while. I was stuck inside my own body. It was like I was watching everyone and everything but was not part of it.

I had no motivation and stopped doing all the things I loved. I used to have goals, and I would lay there thinking about them, feeling worse as time went by and I was incapable of working on them. Then, one day, while I laid in bed scrolling through Facebook to see what other people were doing and what I was missing out on, I came across a post that has changed my life. It was a post about depression, a treatment that has helped other people, and a doctor who wanted to let others know about TMS and how she could help. There was a number to call if you were suffering and wanted a change.

I wrote down the number, and although I wanted a change, I didn't want to make the call, set up an appointment, and have to go to it. At that time, I couldn't keep appointments and would always find a way to get out of things because going would mean I had to get up, shower, get dressed, get a ride, and talk about my issues. I thought that I was going to be stuck like this forever, because nothing had worked before. I just wanted to watch movies on Netflix, but I couldn't concentrate because I kept thinking about TMS. What if I could get out of bed and go and it works? Maybe I could be happy again. I missed my friends. I wanted to do things again. I wanted to get back to my life. I got upset and angry thinking about all I was missing out on. This is my life, and I realized I had to do whatever I could to get it back.

So I sat up and called. I was very scared, but when the office answered, I was immediately put at ease. They are used to people being afraid to try something new and have a lot of questions about the treatment process. They reassured me that it was safe and that I would be well taken care of. Everything was explained to me and they handled all the necessary paperwork, insurance, and transportation. The doctor got on the phone to introduce herself and asked if I had any questions. She sounded very nice and really listened. I felt heard. When I got off the phone, I was excited. I couldn't wait to start, and am so glad I did. The staff and Dr. Itteera were amazing. They treated me with care, respect, and like a person. It felt good because I hadn't even been treating myself like that.

Each time I came in, it was the same. The treatments went smoothly, just like they explained it to me. There was nothing to fear, only to hope. After a few visits, I noticed that I was getting up out of bed, getting dressed, eating breakfast, and was ready to go on-time, which I hadn't been able to do in a while. After treatments, instead of going back to sleep when I got home, I stayed up. I had a schedule of my appointments and had a reason to get up that made me feel good.

By the next week, I was making phone calls to people whose calls and texts I hadn't answered, which was quite an accomplishment. It was little things that I noticed, like putting music on when I cooked and cleaned. I cared about what I wore and started doing my hair. I went outside for walks and went grocery shopping instead of having my groceries delivered.

By the second week, I became very motivated. I decided to make a plan and work on those goals. I reached out for help and am now with an organization that is going to give me career counseling, provide school/training, help me make a resume, and start my job hunt. I don't know what I want to be or do, but I'm going to do something that makes me happy.

I was now able to make doctors' appointments and keep them. I went out on a date. I was able to continue with the volunteer work that I did before my depression, and helping others really allowed me to put everything in perspective. I did a walk for charity and have so much more motivation and energy. In my depression, I had not been very organized and didn't care, but now I do. My room looked as depressed as I was, but little by little, I am getting it back into shape. A clean room makes for happy sleep.

I haven't cried about myself or my situations in life with sadness, but have instead been crying with joy over the changes and challenges that I am now ready to face. I have been praised and cheered on by Dr. Itteera and the staff, and they know how huge it is for me to be happy about things. I used to say I had a gray cloud over me when I was in a bad slump. The slumps were getting longer and happening more frequently. My only regret is that I didn't know about Hillside TMS earlier, because the gray cloud I used to have has moved away and I can see the sunshine now. People keep telling me that I sound like my old self, and I am glad to hear it because I was tired of people asking if I was alright, then having to lie that I was fine even though I wasn't.

I can feel the changes and others notice them. I don't want to feel sorry for myself or have others feel sorry for me. I have a brand new start and it's not too late for me or for anyone to get the help they need to stop watching the world move on without them. I spent months in bed, so TMS treatments were nothing compared to wasting another month in bed. Making the decision to try something new again was the best thing that happened to me in two years! I am happy about the future.