Support of Mental Health Crisis-Line Commission
Deondra Brown

Serving on the Mental Health Crisis-Line Commission has not only been an eye-opening experience, but has been important to me personally. As a survivor of sexual abuse, I understand the connection between victims of abuse and suicide. I understand it because I could have been a statistic. I understand that feeling of being alone and wondering if you can muster the strength to push on another day. I understand feeling worthless and powerless. I lived it for too many years.

But I feel like we’ve come a long way as a society since I was a child. We are not just talking about suicide, we are actively out there offering services and removing the stigma placed on mental health. I fully believe the work we are doing now will have benefits for generations to come.

I can honestly say I would have called a crisis line as a teenager, if it was available. I am proud that other young individuals will have the opportunity to receive the services they need and set them on a healthy path. I know that the work being done by this commission and the important collaborations we have fostered will save many individuals across this state.