



My name is Corina. I was diagnosed with general anxiety, depression, and panic attack disorder when I was 16 years old. It took me a long time to talk about these disorders because of my fear of the stigma around their names, and of what people would think of me. I tried to take traditional American medicine but I did not like how they made me feel. Eventually, I started to use street drugs to numb how I was feeling. It was not until I landed myself in prison that I got clean and began to open up and talk about my issues. Since then, I have remained clean and speak freely of my mental health and drug addiction history. I share my story to help raise awareness and inspire individuals to see that there is HOPE, and that they can RECOVER. Currently, I do not take any medication for my mental health because I have found that just talking to someone about my past trauma has relieved a lot of the emotional pressure that has built up over the past 33 years of my life. I found hope through my spirituality and through engaging with other individuals like me, providing and receiving their support.

Today, I can sincerely say, thanks to the support of my peers and my eagerness to live a better quality of life...

Hi, my name is Corina, and I am a woman in long-term recovery.

-Corina, East Palo Alto

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