

California Artist Creates a Peer to Peer Resource for the Mentally Ill.

Chelise Stroud Hery is a California artist, and housewife.. She is also, mentally ill. "Dealing with my mental illness is as much a part of my daily life as is getting the kids to school, and getting dinner on the table.."

June 7, 2009 - [PRLog](#) -- The type of depression Stroud-Hery deals with is called Episodic Major Depression. It is different from some other forms of clinical depression, in that she may have days, weeks, and sometimes months to years between episodes. During those times, Stroud-Hery is highly functioning, and has been able to hold down high level executive jobs.

However, this past fall and winter brought on a particularly difficult episode of depression. Stroud-Hery's recovery from her depressive episodes is complicated by the fact that her mother suffered from clinical depression throughout her life, and committed suicide at the age of 54.

"My mother never sought help for her depression, because she was ashamed to admit the effect that it had on her life." Says Stroud-Hery. "I realized that being ashamed of our condition (being mentally ill) was common for those of us struggling to recover. I felt that the stigma attached to mental illness was so severe, it could literally be fatal – as in the case of her mother."

In May of 2009, Stroud-Hery decided to start a public blog that could serve as a sounding board for those with mental illnesses and with the goal of educating the public and de-stigmatizing the numerous diseases under the umbrella of mental illness.

[www.AlsoMyHealing.com](#), the blog, was named after a quote by Indian writer, Rabindranath Tagore - "When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and also my healing."

"I like the sentiment behind that quote – essentially that we are more than our wounded selves, but just as much if not moreso – our healing."

[www.AlsoMyHealing.com](#) has received comments and feedback nearly every day since it went live on the internet. The blog features guest posts, resources for those dealing with mental illness, and topic specific essays and information. Questions and comments are welcomed and encouraged.

Stroud-Hery sums up the effort behind the blog by saying "My great hope, is that by "coming out" in terms of mental illness, that myself and others posting to the blog will exemplify the fact that mental illness is not something of which to be ashamed. If there is even one person who is suffering and reaches out to get the help that they need, because of this blog – then it will have served its purpose, tenfold."

You can view the blog directly at [www.AlsoMyHealing.com](#). Chelise Stroud Hery can be reached at 925-202-9293 or at ZNEmarketing@yahoo.com.

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