

Jamie's Story

I would like to brag about quite a profound ability I have – to feel good.

As Janis Joplin sang “feeling good was good enough for me” and indeed that’s sometimes all I can muster.

The Advocates have played a primary role in achieving sanctuary, peace of mind, and ... feeling good!

They are a generous group of people who – at quite a pivotal time in my life- the death of my close friend and partner Donna J. lent a kind word and a helping hand and rallied around me to remind me that Donna is in a better place, out of her suffering, and I Jamie was surrounded by sympathetic listeners.

Donna quite empathetically made them promise they would take care of me, Jamie, after she was gone.

It takes acrobatics to feel good sometimes for mentally ill people.

With a dedicated staff and a refuge of a half-way house, with plenty to eat, drink and do, I was able to remain feeling up-to-par throughout this horrendous ordeal of my partner Donna’s dying. Advocates did everything in their power to ease Donna’s plight and help her feel good while she died.

Inevitably sometimes I feel horrendous. I feel like I’m dying or people are out to get me, or like I won’t get my next meal.

But Advocates, through their tremendous support have enabled me to right myself time and time again, to get back on my feet and to keep living and feeling good.

I am finally getting over the loss of my 18 - year girlfriend Donna, and I Jamie; am feeling better and more consistently good each day.

Thank you, Advocates. I am relieved and grateful that I don’t need to worry about food, shelter, activities etc. and I think the staff at Advocates including doctors, therapist, counselors and clients have been as best as they could be, a real winning team, and people who would set down everything they are doing to help someone just – feel good.

As Janis Joplin sang, and I am sure some of my mentally ill peers would agree “feeling good was good enough for me” – and in my case: good enough for me and my Donna J.!