

# **Campaign for Mental Health Recovery**

## **A Personal Perspective**

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)



# Background

- Born on June 3<sup>rd</sup>, 1985 in Calcutta, India
- Given up for adoption at birth
- Adopted when 3 months old
- Lived in Oswego, New York
- Moved to Albuquerque at Age 9

## Background cont.

- Destructive outbursts led to hospitalization
- Diagnosis of Bipolar Disorder
- 4.5 years, 27 medications, 7 doctors later things began to even out

## Background cont.

- Started “State of Mine” with a friend
- Named a board member for MHA and NAAPIMHA
- Transferred colleges to American University and moved to Washington DC

## **Background cont.**

- Unique experience with therapist
- Importance of Friends and Family in Recovery
- Lessons learned

## Contact Information

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# Technical Assistance

For more information or to become involved with the Campaign for Mental Health Recovery, contact the Campaign liaisons:

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