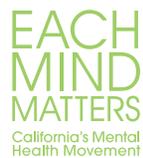


are within the same age group and they bond and have a good time. This creates a positive energy that helps my mom overcome her anxiety and helped her through her whole day. Simply talking to another person creates an atmosphere of acceptance and comprehension. As her daughter, helping her with emotional pain and physical pain makes her day brighten up. If someone feels emotionally well, they will feel physically well also. The cure to my mom's depression and anxiety is the love she received from her family and friends. Through the tough times trying to push through life, she made it.

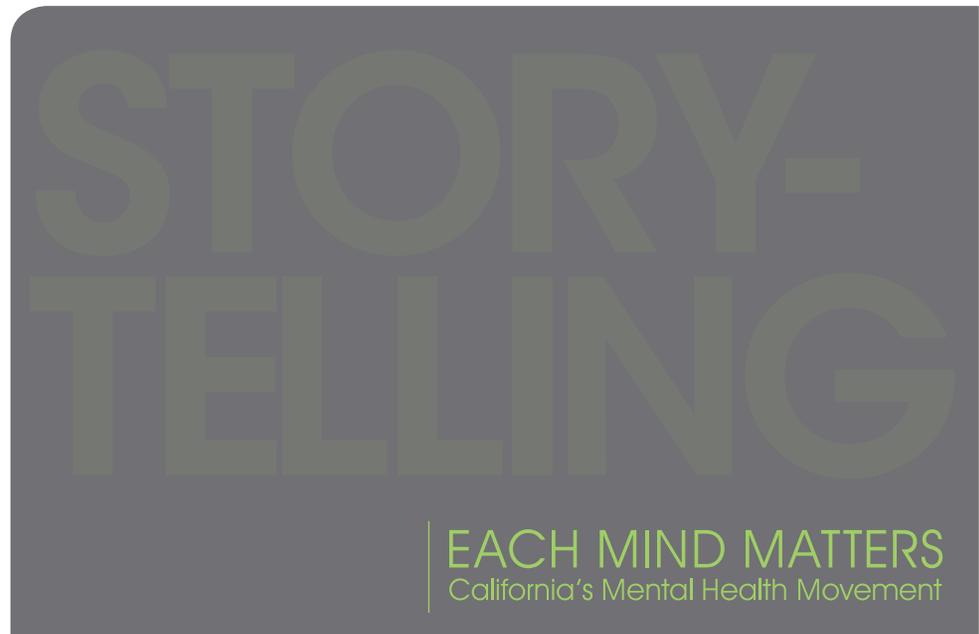
Mental illness can be prevented by one's love and affection that is portrayed to the person diagnosed with the illness.

As her daughter, helping her with emotional pain and physical pain makes her day brighten up.



WELLNESS • RECOVERY • RESILIENCE

This program is funded by counties through the voter-approved Mental Health Services Act (Prop. 63). It is one of several Prevention and Early Intervention Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families and communities. CalMHSA encourages the use of materials contained herein, as they are explained in our licensing agreements. To view the agreements, please visit: calmhsa.org



LOVE IS THE CURE

by Meuy Vue

I'm a teenage daughter with a mother that comes from Laos. Through the years of being with my mom, I've noticed things about her that made me worry about her health. The things were pains such as migraines, physical pain, and depression. As I grew up, I asked questions about how her life came about and the story behind it. It all began with the migration to the United States.

On a hot normal day doing garden work, my mom heard gun shots and saw people running for their lives. What could it be? What could possibly be happening to their agriculture and land? The communist soldiers came rushing through with their armed guns and telling everyone to do what they ordered. The communists had guns out like it was a toy and

pointed them at anyone without hesitation. My grandma, mom, and all of my aunts and uncles were terrified. In a sudden blink of an eye, a life can change so drastically.

My mom and her family ran as fast as they could. They gathered food for the road, warm blankets, and many more necessities. For them, it was overwhelming and a life-or-death situation. The adrenaline rushed down their spine gave them all the strength to escape the communists and run for their lives. With the communists searching for people in my grandparents' village, they ran away. The hardest part of the trip was actually attempting to escape. They had to travel through the night in with darkness surrounding them everywhere. In the daytime, it was too dangerous for anyone to even attempt of escaping Laos. They chose to do it at night for the sake of the children and the reassurance of the darkness that helped them camouflage to dark trees and bushes. With all the hope they had for a better future in America, they made it to a refugee camp. In the refugee camp, they had scarce food to eat. Even though the living style was not great, they were extremely grateful for the shelter that they got to sleep in. As time went on, my mom's family finally got chosen to come to America. My mom and her family were so happy and relieved that they had escaped the traumatic event that happened.

For them, it was overwhelming and a life-or-death situation.

In America today, my mom is glad that she's here in the United States of freedom, but she suffers from anxiety. Through her anxiety, she experiences unpleasant emotions and physical sensations. In her daily routine, I would experience my mom having really bad headaches and pains. As a child, I always thought my mom was sick. As a seventeen year old, I realized

that she has a mental illness of anxiety and has many emotions. Growing up as a teenager, I think she's crazy and unreasonable sometimes. The chest pain she gets, shortness of breath, and major headaches are all

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a sign on anxiety. According to prop 36, "Mental illness is something that only happens to 'other people'." However, one in five California adults get mental or health issues. Who could have thought that my mom would get a mental illness? When people say "mental illness", that doesn't mean that they need to be institutionalized or describes "crazy." Mental illness is a combination of everything and anything that links to a disabling in the brain and sometimes a physical issue. However, anxiety is not always pathological or maladaptive. Anxiety is also a common emotion along with fear, anger, sadness, and happiness. It has an important relationship link to survival. In my mother's case, she had no option but to survive. As a teenager and a daughter, I would have to massage my mom's back and do many things to make her anxiety go down. Therefore, "I am not a psychiatrist," but I can "make a difference for a person living with a mental health challenge." (Mental Health Services Act)

Even though she has anxiety that contains really severe emotional mood swings, I still love her and the situation had got better. The illness can be cured by love and just the bonding of others in one's life. For my mom, I have helped her so much that I believe one can help. On Mondays, Wednesdays, and Fridays, my mom goes to a community center for Mien people and bonds with others. People that go to the Mien group