



Reducing the Cycles of Poverty and Abuse

Escaping the grip of depression: Yan's Story

For Yan, the David Busby Street Centre, a United Way funded agency, was a lifeline that helped him escape from the grip of depression.

Yan came into the Centre about five years ago suffering from severe depression. He had made numerous suicide attempts and was self-medicating with alcohol. Yan did not know where to turn for help.

Busby Centre staff helped him make contact with the Canadian Mental Health Association (CMHA), Alcoholics Anonymous (AA), and other useful community resources. Through these contacts, Yan's depression was stabilized with proper medication and his drinking was curbed through his association with AA. He eventually was able to rent a room in a dry house he found through the AA program.

He still frequents the Centre and appears happier than he's ever been. Yan says that continuing support from Busby staff and the agencies he's made contact with has helped him to enjoy life again and move forward.



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