

My name is Binaka Beciraj I am a 24 year old expecting mother. My twin sister and I were born two months early. I had heart, eye and a hernia surgery due to the being premature. I grew up in Fargo ND, I went to school in Fargo and graduated from Fargo North.

I found myself homeless at 21 after moving out of my mom's house. I realized being homeless was very challenging. I was able to move into Fraser's Transitional Living Program. I struggled with depression and anxiety at this time. My depression got really bad I didn't want to get out of bed or do anything. I eventually got treatment because I had an emotional breakdown. I was able to find the right treatment with the help of Fraser LTD's Transitional Youth Services.

I went to a treatment center in Fergus Falls MN. The treatment center helped me cope and find healthy ways to manage my depression such as; going to counseling, taking medication, and eating right. I also started doing healthy activities such as; playing board games, drawing, coloring, reading, enjoying the nice weather, listen to music, watching TV, play with cats.

They explained to me how depression works and how the brain works. By learning what depression is, I was able to recognize triggers and symptoms of my depression and anxiety. After I left treatment I struggled with finding a psychiatrist that was understanding. I felt like I wasn't being heard and my needs weren't being met.

I struggled with homelessness, finding my own stable place to live, and getting out of a bad relationship. I was able to find counselors who I worked well with. They were able to listen to

me and understand me. I was able to successfully ween of my medication while I was in counseling.

Now I am in a healthy relationship, I have my own place, I have cats that help with my anxiety, and depression. I'm an expected mother. Having the opportunity of going through the process of recovering from severe depression and anxiety has taught me how to relax and enjoy my life. I still deal with depression and anxiety on a daily basis. However, I now I have the skills to manage my symptoms and overcome mental health issues.