



April Health
by **wysa**

REAL LIFE USER STORY

"I am an entirely new
being following my
sessions with April
Health" - Keith



Returning home and searching for support

Keith, 63-year-old retired resident of Forest City, North Carolina, had been living with bipolar depression for many years. After a difficult chapter in New York and a heart attack that left him feeling isolated and depleted, he returned home and sought help. His doctor referred him to April Health.

Struggling with boundaries and self-worth

"I've struggled with setting boundaries and trying too hard to please other people," Keith shared. "I spent years trying to buy the affection I was craving."

Finding guidance with a dedicated care manager

Through regular sessions with Erica, a behavioral care manager at April Health, Keith found the support he needed to rebuild his confidence. "She helped me learn that I'm worth getting to know," he said. "That I can take care of my own health."

Flexible care that fits life

The flexibility of care made a difference. "I had weekly and then biweekly phone sessions. It was convenient and helped me to open up and have a great day."

"Erica made me feel that someone genuinely cared about my wellbeing."

Small changes, big impact

Over time, those small changes added up to something bigger. "My mood is consistently much better, and my stress levels are tremendously lower," he shared. "Erica made me feel that someone genuinely cared about my wellbeing. She helped me understand that many of the bad things that had happened in my life were not my fault."

A different experience, a better outcome

After trying mental health support in the past, Keith says this experience was different. "My experience with April Health is considerably better than the ones I've had before."

"My mood is consistently much better, and my stress levels are tremendously lower."

Grounded and confident in himself

Though life isn't without its challenges, Keith now feels more grounded in who he is. "I'm still broke," he said, "but I'm happy with who I am."

A message for others seeking help

His message to others? "I would highly recommend April Health. The support is amazing. If you're struggling with any part of your life, it's absolutely worth it."