



As we approach Chanukah, I wanted to share with you how Jami has been our light at the end of a very dark tunnel and a lifeline for my family through the most difficult of times.

My youngest daughter, Amy, started showing signs of anxiety when she was just 10 years old. She was struggling with sleep, kept worrying about her friendships and was often tearful.

I had seen the signs before in my older daughter, Ella, who has struggled with her mental health. We wanted to ensure that Amy got the right support as early as possible. When Amy started secondary school, she began seeing Ciara, a Jami mental health practitioner – and this support has continued as she is getting older.

When Amy feels anxious and overwhelmed, Ciara helps her to break down her problems into smaller, manageable pieces so that she can deal with them. Ciara helps Amy to organise her thoughts. She gives her coping mechanisms to stop her from having full-blown panic attacks, when she can't breathe. And she makes coping with the world a little bit easier for Amy.

Amy has really benefited from having her own space to talk about what is bothering her. She knows these sessions are just for her and not about anyone else. As a parent carer, knowing that my child has someone in their corner, who truly cares about them, means everything to me.

**And Jami hasn't just been there for Amy. They've also been there for me, too.**

When I was going through a really tough period and dreading that another child of mine was going to struggle, having someone who could also support me helped me feel better.

My Jami carer peer support worker would say: "Let's talk about you. Let's help you." She walked me through some very difficult conversations that I needed to have and gave me the reassurance that I really needed to hear.

And because I felt stronger, I could be a better support to my girls. And that has made all the difference.

When things got really, really bad and I thought I couldn't do it anymore, Jami was there for me. And when others find themselves in that lonely place and it's all so hard, Jami will be there for them too. But Jami can only do this with your help.

**I can tell you firsthand that donating to Jami will make the biggest difference to others because it has for me and my girls. There are many more families out there who need support, and your generosity will provide them with positivity, hope and that life-changing light.**

Best wishes

Talia (Amy's mum)

Names have been changed to protect identity