Was there ever a time when you or someone you knew struggled with depression? Many people go without treatment and suffer in silence. Every day is a challenge to remain positive and motivated. One day you decide to change your perspective surrounding the situation and reach out for help. Because of that, a pathway to a better life unfolds until finally stability and success are achieved.

This is Teresa’s story. Around 15 years ago, Teresa was diagnosed with severe Depression, Schizophrenia, and a Panic Disorder. She never had a good relationship with her family since addiction and drugs were present. She eventually struggled herself with both prescription medications and street drugs. Occasionally, she would stop, or at least try to stop, but always ended up using again. Teresa attended a Drug Rehabilitation Program in Kentucky called Priscilla’s Program, but left early.

Teresa was bouncing from one hotel to the next until she was completely out of money. She then traveled to Florida with a friend. They ended up in Panama City Beach. After the friend left to return home, Teresa decided to stay in Florida. For 5 days, she slept on the beach, terrified and alone. She had been clean for two years, but sadly, due to separation and homelessness, Teresa started using drugs again.

Teresa discovered the Panama City Rescue Mission’s Bethel Village Women and Children’s Shelter and called for help. She arrived broken, tired, and hungry. She was given a bed, clothing, shoes, toiletries, a shower, and a warm home cooked meal. Teresa immediately began attending our nightly in-house Chapel service. Within a few weeks, Teresa expressed an interest in doing work therapy in our Shelter Office. She now works five days a week assisting in processing new clients, tending to all their needs from our newly expanded Needs Room, and answering the phones for the Shelter services. She is saving her money to move into her own apartment.

Since arriving at Bethel Village, Teresa has remained sober. She is very grateful for the comfort found in the Lord Jesus Christ. She has turned her life around and is experiencing transformation powered by the gospel, and is well on the road to recovery and success.

Since 1973, the Panama City Rescue Mission has been committed to Christ-centered rescue, recovery, and restoration in an effort to break the destructive cycle of poverty and homelessness.