

I would like to thank my cousin Heather Hastings for allowing me to come today and share some of my story for you
There is always a before and after tragedy that happens, I'm going to share a little
of my after the tragedy with you

My son Mason was 13 when he chose to take his life. Now everyone talks about how
their loved ones show signs; Mason was one of the ones who didn't. He made a very
impulsive decision under stress, that he wasn't showing nor sharing with anyone.

Our lives changed in a matter of seconds. Now suicide affects everyone different. Mason left behind sister's, brother's, uncle's, aunt's, cousin's and parents. Their lives have been forever changed.

After his death I couldn't tell you how I got out of bed every day, I couldn't tell you how I took care of my other children, I was in survival mood for over 4 years. I lost 4 years of my life, because of being stuck in my tragedy.

Everyone's rock bottom is different, mine was drinking and taking pills to numb the pain. Thank God for my other children coming forward and having the courage to tell me my hurt was hurting them.

I was very disappointed with how long it took me to find a treatment Center that focused around grief or mental health. I found lots of places that helped for addicts, and finding a place my insurance would pay for was a nightmare. It took me 2 weeks to find Kinder in the Keys Treatment Center. I went for 60 days and it was the best decision I ever made.

Now I did the work, but without a place I could go to where there was zero judgment, where I could dig deep and have the support from others I truly believe I wouldn't be here today to share my story.

To be here today for Harmony In Daily Happiness I can say without a doubt they are going to change lives and be a place where others will come and get the support they need. Mental Health needs to be talked about more, we need to feel like we can tell others, "its okay to not be okay".

Mason lived for 13 years, his death was my tragedy, but 7 years later I stand here in front of you all and say:

"There's always going to be a mountain,
We are always going to want to make it move,
There is Always going to be an uphill battle,
Sometimes we are going to have to lose,
It isn't about how fast we get there
It's not about what's waiting on the other side,
It's the climb".

Trust the process, even when that process feels like a mountain, keep climbing

Thank you for this amazing opportunity. I can't wait to see what the future holds for the foundation.

FOUNDATION, INC.