



Hello, my name is Jamielyn. I am 20 years old and I was born and raised in Daly City. I graduated with high honors from Westmoor High School and have been on the Dean's List every semester that I've attended San Francisco State University. I am currently on my third year majoring in Accounting and minoring in Women Gender Studies.

I have learned a lot in the past year about myself and about the struggles I've had to face. I might seem okay on the outside, but there are times when I have to take a step back and hope for everything to fall into place. It isn't easy to live with depression, but with the support of my family and friends, I am able to accomplish tasks beyond my imagination. I never would have thought about how much families can be supportive when all they wanted was to see me be myself again.

What gives me hope? A lot of people might not have a definite answer, but my grandfather is my inspiration that has always given me hope. His 10-year death anniversary will be this December 17, and I remember promising him that I would finish school with the best of my abilities. I've always looked up to him ever since I was young; I wanted to make him proud. I always think of the way he never gave up on me and knew that if I set my mind to anything, I would be able to go above and beyond. Not a day goes by when I don't think about him. I am thankful to have gotten a chance to know how much people give me the strength to be hopeful and to give myself better opportunities for my future.

***-Jamielyn, Daly City***

This project was supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity, and funded by the voter-approved Mental Health Services Act (Prop 63).

