

## Stories of hope: Allison

A single mother uses our myStrength mental health program to overcome depression after a devastating accident



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**Allison**, who accesses myStrength through Atrium Health



On her 34th birthday, Allison had a lot going for her. A psychotherapist and single mother of a toddler, she spent her days enjoying her work and parenting her daughter. Allison had type 1 diabetes but by all accounts, her condition was well-managed. She was happy and healthy—Allison's life was on the right track.

Then everything changed. On her way to work one morning, a large truck plowed through a traffic signal and struck Allison's car. Allison was severely injured. With her left femur shattered, she was unable to walk, drive or carry out the duties of her job as a therapist. To make matters worse, her employer cut her health insurance a few months after the accident.

"I'm a single mom. I went from being on my own to having to move back in with my parents," Allison recalls.

Understandably, Allison began to struggle with depression. She found it difficult to get out of bed in the morning, motivate herself and maintain a positive attitude. She felt blue and stopped enjoying activities she used to love, like going on walks and cooking.



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**Allison**, who accesses myStrength through Atrium Health

Because Allison had worked as a therapist in her small town, she feared going to the local therapists because they already knew her. She felt they might judge her.

“At that point, I knew what depression was like, and it felt even worse than I thought it would,” Allison remembers.

Just when things were looking hopeless, Allison was referred to myStrength—a digital mental health program from Teladoc Health—by her primary care provider and began using the site. First, she posted a picture of her daughter to the “Community Inspirations” page as a reminder of why it was so important to stick to her journey toward wellness.

Reading articles, watching videos and participating in the interactive features of the myStrength program in her spare time, Allison began to see improvements in her mood. She still had better days and worse days. But on the whole, Allison felt more motivated to get up in the morning and happier as she took on the challenges of parenting.

By tracking her mood with myStrength’s health tracker, Allison was able to see her progress in real time—marked by dramatic reductions in both anxiety and depression. Using myStrength’s mobile feature, Allison could read articles on wellness while putting her daughter to bed. She eventually was able to return to work.

Having experienced and overcome the challenges of mental illness both as a therapist and a patient, Allison was able to use the versatile tools on the myStrength platform to supplement traditional care and drastically improve her condition.

“This is something that needs to be available to all therapists,” Allison said. “It needs to be in our repertoire.”

The testimonials, statements and opinions presented are applicable to the member. Each members’ exact results and experience will be unique and individual to each member. Identifying information has been changed to protect privacy. The testimonials are voluntarily provided and are not paid.

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