

June 30, 2020

For me living in Piscataquis County by myself is challenging to say the least but at this time it is very difficult. I don't drive so relying on family has been impossible. Everyone is an essential worker so I can't ride with them. My BHH office is closed so can't meet with my case manager or peer support. (They are not allowed to travel here.) I had started meeting with peers from Together Place via Zoom but then my computer quit. I am able to get out when I am not sick (have had bronchitis and a sinus infection since March) these affect my asthma. I get outside when possible, but the isolation is very lonely. I believe it affects my mental health which in turn affects my physical health. I have been able to see my therapist in Lincoln which is all that keeps me going. Peer support for me is vital yet has not been available except by phone. More is needed!

Lydia Richard

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