

Cody Williamson



I am a 38 years old and I live in Louisville, Kentucky. I have been living with a mental health diagnosis since I was about 10 years old. I have severe depression, a generalized anxiety disorder, and post-traumatic stress disorder. I am a survivor of a suicide attempt which I still have lasting physical damage from. I have been a consumer of services throughout my life, and have spent many years in recovery. Several of my family members also have experienced mental illness, including my sister who committed suicide in 2012.

I have seen how devastating mental illness can be and the tremendous hope and strength that can be found in the recovery process. I know how important quality mental health treatment is, and how important it is that treatment is accessible to all who need it. By serving on the PAIMI Council, I hope to bring my wealth of experiences, both good and bad, to those making policy, and serve as a voice for those who aren't able to advocate for themselves.