



My Story by Phillip Morris,

For the last six or so years I have been dealing with anxiety and PTSD (post-traumatic stress disorder) due to childhood trauma. I have tried to handle it on my own for years, but the last few months has become substantially worse. My life for the last few months has been flashbacks, triggers, hyper vigilance, high blood pressure, migraines, nightmares, and extreme anxiety in crowds and in loud environments. Every day is a constant battle to keep my mind at peace. Thanks to God and good Doctors we are on our way to finding a treatment plan. Medication and Christian Counseling have done wonders on getting me on my way to recovery, however we are now on our way to the third piece of the puzzle! My Counselors and Doctors both agree that a PTSD Service Dog should be the next step in my treatment process. These dogs are amazing, folks! They can sense and calm me down when I'm having an anxiety attack, or when I get frustrated. They have the ability to maintain my personal space and can keep a distance between me and a crowd of people so that I can take my child to carnivals and fairs. This is something I want to be a part of and don't want to miss out on. They are able to help alert me when someone is coming behind me so that I'm not startled. Then can sense and help wake me when I'm having a night terror, and can calm me down faster so that I can get back to sleep. Most of all they can help keep me emotionally balanced so that I can be the man I need to be for my family. Being with my family and able to attend functions is something that I am looking forward to, without having to worry about the anxiety that comes from it. Thank you for your prayers and support!

Phil Morris