



The Mental Health Counseling Program Changed My Life!

My FD Story:

My name is Gabi Jassie and I am a 28-year-old graduate of Hunter College with a BA in Sociology. The Mental Health Program that is funded by the FD Foundation has made a positive impact on my life.

One positive impact is on my emotional and physical health: Before speaking to (mental health counselor) Lily, I had decided not to speak about my feelings or emotions to my parents or anyone else because I thought they didn't understand. I also found it was just hard speaking about my feelings. Working with Lily and having her teach me a variety of communication techniques, I started becoming a much more active person. I also noticed that I was not fainting anymore (this used to happen to me quite often) and I was not experiencing as many FD crises. The second positive impact is that the counseling program helped me find my career path: I learned that I want to help others and become a life coach—and thanks to Lily, I am now working towards that goal!

Gabi Jassie

Your Impact:

Living with FD not only has physical challenges but brings with it emotional challenges as well. The Mental Health Support program, named in memory of Stevie Schwartzberg and supported entirely by donations, funds virtual one-on-one counseling sessions with a trained mental health professional. People with FD can get help with issues ranging from life transitions, complex grief, navigating relationships, stress and anxiety, chronic pain, depression and more.