



News & Insights

Paralegal Kerry Blackburn shares My Mental Health Story with NALA's Facts & Findings – The Paralegal Magazine

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By: [Kerry Blackburn](#)

NALA Facts & Findings – The Paralegal Magazine

OKC Paralegal Kerry Blackburn shared an article "My Mental Health Story" with NALA's Facts & Findings – The Paralegal Magazine. In this candid article Kerry shares her story of living with health issues and knowing when to ask for help.

Kerry adds "I have never hidden my struggles with my physical and mental health and if my story helps just one person, that is success to me."



My Mental Health Story

Written by Kerry Blackburn

In 2019, I was diagnosed with Hashimoto's Thyroiditis, which is an auto-immune disease. Soon followed the diagnosis of several other auto-immune diseases: Lupus, Sjogren's, Raynaud's, RA, and a gluten intolerance. I was also diagnosed with Fibromyalgia at the end of 2021. My mental health started really going downhill when I was diagnosed with Lupus in 2019 (shortly after the Hashimoto's diagnosis). I fought the flares, the pain, and the headaches while remembering to take my medicine. I had a new normal to get used to. I currently take 14 different medications throughout the day.

I had COVID-19 in March of 2020 with double pneumonia (I also had it in 2021 but not nearly as badly). Thankfully, I was able to treat it at home. I hated being home all the time. I knew I needed to be on medication for my depression from all the auto-immune and health issues that had been thrown my way plus the stress of the pandemic. It was hard to admit that I needed help.

spur and spinal stenosis. I had surgery in August to correct a TMJ and the muscles in my neck and jaw, and to fix the bulging discs.

I remember on the day after my surgery, I was in my hospital room and asked my doctor what my mouth were, "My headaches were gone." I cried. I thought I was going to die.

As a mom and wife, I thought I needed to learn new coping skills, started journaling, and took time for myself when I needed it.

Today, I take medication and therapy to manage the mental stress of working with my health issues.

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In 2022, I was faced with a whole other set of health conditions

the struggle of using medication

Attorneys

- Kerry Blackburn

Practices

- Family Law