
My 12-year journey...

Kylee Mingham

(Transcript of video)



Even though I suffered with mental health for many years I didn't lose my faith, even though at times I felt lost, but now I can see God's hand in my journey, and I am grateful and thankful of the blessing of recovery and his loving guidance and hand in my journey.

My name is Kylee Mingham, I would like to share how God has worked in my life over the past 12-years. My last hospital admission for my mental health was in June, 2014, after a long battle with this illness of 25 years or more.

For over twenty-five years, I was smiling on the outside while battling deep mental illness within. But that is not where my story ended. Looking back now, I can see that God was at work behind the scenes, aligning circumstances, opening doors, and preparing me for things I could never have imagined.

What followed were a long few years of recovery. It was a slow process, working on my health and rebuilding life again, which included rebuilding my relationships with my loved ones.

Recovery was not quick, easy, or straightforward, but I came to understand that God had a purpose for my pain and a reason for my struggle. I simply needed to trust His plan. I now often reminded myself that difficult roads lead to beautiful destinations.

I have never walked alone. God has been with me every step of the way, even when I was struggling, confused, and felt lost. Faith does not mean having all the answers. Faith means having peace even when you do not.

One of my favourite sayings is **Trust your journey**. As a Christadelphian, Trust your journey means far more than simply believing things will work out. For me, it is about trusting God's loving plan, even when we cannot fully understand it.

There's no shame in the journey, healing is possible, hope is real, and with God anything is possible.

When I recovered, I wanted to use my lived experience to help others and try and do away with the stigma around mental health but didn't know where to start.

I didn't have education around mental health, and I had left school in Year 10 with marks that were hardly a pass. I hadn't studied in over thirty years, and I didn't believe I was capable of it.

So, I prayed that God would show me the answer and lead me in the right direction. I truly believe He answered my prayers in ways far beyond what I could have asked or imagined.

Then COVID happened, which resulted in starting me in the direction I had been looking for.

In 2020 TAFE offered free courses, and I enrolled in a Certificate II. To my surprise, I enjoyed it, and I completed it.

As part of that course, I had to do a dummy interview with a support company, which turned into a real job offer as a support worker. I wasn't sure if that was the path I wanted, but with encouragement from my husband I took it, which I was grateful for.

This was then followed by me completing my Certificate III, which was an AIN nursing certificate.

Around that time, TAFE shared my story about studying through COVID and gaining employment. Then I was sponsored by Lived Experience Australia to do my next few Certificates.

I went on to complete a Certificate IV in Peer Work Mental Health, and I went on to complete two Diplomas, one in Mental Health and one in Counselling.

I continued working as a support worker, then I moved into management. And while I was grateful, I quickly realised I didn't enjoy it, due to the lack of a good work and family balance.

So, once again, I found myself searching, not quite knowing what I was looking for. That's when I came across the role of a Psychosocial Recovery Coach. It felt like God had quietly aligned each step, long before I ever knew where the path was leading.

This role allows me to work from home, which gives me a good balance of work, family, and ecclesia life, and to support others using both professional skills and lived experience. It has also given me knowledge of how to care for people within the ecclesia when they are struggling.

I continue to do study when needed for my role and completed certificates in drug and alcohol, domestic violence, behaviours, dementia, neurodiversity, and pastor care.

In 2023, I was given the opportunity to write articles about mental health and other issues for Adelphicare, which then led me to join the Adelphicare committee. I also did a podcast through Wilderness Conversations. I had two brethren who encouraged me, as I did not believe I could do either of these roles. In the same year, I also started my Instagram page focused on mental health encouragement.

And this year, I've been asked to do an elective discussion group at the Brisbane Christadelphian Conference on mental health issues. I prayed that I would be able to do this,

as I have never done public speaking, Even though I was very nervous God help me over come my anxiety and fear and I was able to share my knowledge and experience with others.

One of the verses that has become especially meaningful to me in my journey is Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (NIV). Today I hold firmly to that promise.

When I look back now, I can clearly see God's hand at work in my life. Not in one big moment, but in many small, faithful steps.

Trusting God's plan means so much to me, and when I look back, I can clearly see how God has worked through every stage of my life, even when I couldn't see it at the time. I have been deeply blessed, and I truly believe that God's plan is for us to prosper, even when the road to get there is long and uncertain. Because even when I couldn't see a future, God was already preparing one that gave me the opportunities I wanted, to educate people and do away with the stigma around mental health issues.

God's timing has taught me patience. God's timing is never early and never late. Sometimes He takes us on a journey we never knew we needed to bring us to a place we never imagined possible. Just because we cannot see anything happening does not mean God is not working. God's timing is perfect, even when it does not match our schedule.

Proverbs reminds us that we can make our plans, but the Lord determines our steps. Ecclesiastes 3 reminds us that there is a time for everything under heaven.

If there is one thing I have learned, it is this: God's timing, not mine; God's will, not mine; God's plan, not mine; and God's glory, not mine.

Every day I am grateful and thankful for my recovery and for the opportunities God has given me to support others and share a message of hope, while trying to reduce the stigma around mental health.

Thank you.

