

# Crystal

## SUPPORTIVE HOUSING PROGRAM CLIENT

**I was in my early fifties when my life changed forever.** I got divorced and had to move in with my parents. I thought things might be turning around the day I got the job of a lifetime. But as I was walking home from there, I was hit by a car. I lost half of my spine and couldn't work. I lost that job. I became very depressed.



**Lifting Up Westchester (LUW) found me housing and gave me the support I needed.** I'm so grateful because I know that living in a healthier environment helped me come out of my depression.

It still hasn't been easy. In 2021, Hurricane Ida flooded my basement apartment and I lost everything. **LUW staff came first thing in the morning and got me out of there** and into a hotel until they could find another apartment.

**LUW has seen me at my worst and loved me through it. They never gave up on me. They never abandoned me.**

