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## Crenshaw Co. resident talks about overcoming depression

*Posted: Aug 12, 2014 7:27 PM CST*

*Updated: Aug 12, 2014 7:27 PM CST*

By Bryan Henry - [bio](#) | [email](#)

CRENSHAW CO., AL (WSFA) - Robin Williams' unexpected death by suicide on Monday struck close to home for a 21-year-old in Crenshaw County.

It was the kind of "darkness" that Jamie Kelley had never experienced before.

"I felt like I was by myself everywhere I went," said Kelley.

The kind of darkness that strikes fear, hopelessness and the wonder if life would ever turn bright again.

"It was everybody, all day 24/7," said Kelley.

Kelley lives in Luverne and her world changed on a dime three years ago when she lost her dad to a stroke. In fact, she held his hand as he passed away.

Jamie Kelley later suffered through post-partum depression after the birth of her baby, who is now 4-months-old.

"I do think that if it wasn't for my daughter, I'd probably be in a place I shouldn't be," Kelley said.

Much like Robin Williams, Jamie Kelley admitted she thought about ending it all herself.

"Robin Williams was not crazy. I don't know if someone put that into his head or what but he was not crazy," said Kelley.

Kelley says she is better today, but getting to this place was not easy due to setbacks and doubts.

For Kelley, it was her strong family foundation that helped her get through and the daughter she wants to live for.

Kelley learned many lessons along the road about depression. Lessons such as don't keep things bottled up.

Kelley encourages people to be careful about what you say to someone who is in the middle of a storm.

"Please don't use the word 'crazy.' It's a strong word and offensive," said Kelley.

Jamie Kelley knows first hand that depression is a formidable opponent, striking anyone with little regards to who they are or what they've accomplished.

Jamie Kelley is a survivor.

WSFA 12 News has listed some numbers for those suffering from this illness.

\*National Suicide Prevention Lifeline; 1-800-273-8255

\*Alabama Department of Mental Health; 1-800-367-0955

\*Montgomery Area Mental Health Authority; 334-279-7830

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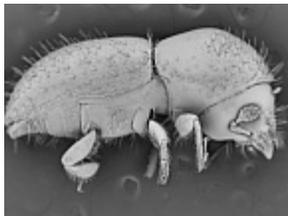
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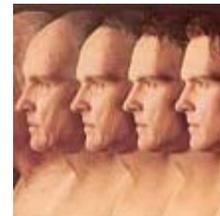
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