

## Ostergard no longer feels alone

Written by Elizabeth Barrett

Thursday, 03 March 2011 17:53 -

---



OSTERGARD

### People who care part of mental health support group.

Since Ross Ostergard started attending meetings of the Mental Health Association of Nebraska in North Platte, he said friends and family have noticed a difference.

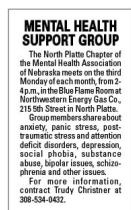
“I talk better with my parents and I’m learning how to understand my problems and deal with them,” Ostergard said.

The Gothenburg native said he has issues with anxiety, depression and post-traumatic stress order and has been in counseling for years.

At the suggestion of his counselor, Ostergard said he started attending MHA meetings in North Platte about five months ago and realized there were people who struggled with some of the same issues he did.

Speakers are often featured at the meetings such as one who discovered six steps to end panic attacks.

Ostergard said he also listens to CDs from the Midwest Center that explain different disorders and how to deal with them.



“They’ve helped me understand that I have a lot to deal with,” he said.

## Ostergard no longer feels alone

Written by Elizabeth Barrett

Thursday, 03 March 2011 17:53 -

---

One of the most positive things that have happened, he said, is learning to stay away from unhealthy relationships and learning to set boundaries.

He said he's also learned that when he becomes upset, to take a deep breath and relax.

"I also know that when I get mad, I shouldn't take it out on other people," Ostergard said.

Initially, he said he dragged his feet about going to the group because "I had issues I didn't want to admit to."

Ostergard said he's sharing information about the group because he wants to help others who have depression, anxiety issues or other mental health struggles.

"The speakers share and the group shares," he said. "People with the same difficulties tell how they deal with them and we learn from them."

With his attitude change and tools to help him deal with his issues, Ostergard said he's been reconnecting with classmates.

For more information about the support group, Ostergard can be contacted at 308-930-0450.

[ebarrett@gothenburgtimes.com](mailto:ebarrett@gothenburgtimes.com)

308-537-3636