

How South Cove Has Impacted My Family

Due to the amount of emotional problems and physical issues that my family and I have, South Cove has impacted our lives in so many ways. From the therapists, to eye doctors, pediatricians, and many more staff that has helped me at South Cove, it has never been less of a better health center that can provide my family with the right health care, without care to if we randomly have to come in due to an illness, infection, huge rash, or just to blurt out all the issues coming from all the anxiety my family gives me. The three examples that will be explained in this essay consist of the points in which South Cove has really impacted not only me, but my family.

One of the main reasons why I come to South Cove around every two weeks is because of my constant anxiety and fear of being social. This is because I am afraid myself that whenever I talk or act, something really bad will happen. One example of this being when I talk to my mom about one thing that she disagrees on, and talking to my brother about that same thing, in which he would agree on. This would lead to a small argument turning into a big one, and where I feel either ashamed of myself or angry about my actions. Because of this, I had to hold in these emotions all by myself, because I felt as if no one would understand. It was killing me, and I felt as if I couldn't hold it in any longer. One incident led to another, and I almost started bawling when the authorities (police) had to get involved in a big incident with my family. This led me to South Cove (again), where I could just blurt out whatever the heck came out from my mouth, due to the constant outrage happening in my own home. I thought at first the doctor (not mentioned) would be of small help because I would be driven back into madness again, but instead, she turned out to be such a great help. She gave me so much advice as to how to cope with the stress that my family gave me for getting the best score on the SAT, to trying to bond

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more with my mom, as we were growing more distant. Even though incidents rarely happen at my house anymore, this doctor still helps not me, but my mother help with all the stress that we have to deal with. This really helped us, as it helped my mom and I find common ground to be in agreement with.

Another part of South Cove that helped me immensely were the pediatricians being there when my parents couldn't. I was very self-conscious about myself and thought that my acne was getting really bad. This led to trying to get facials (which hurt a lot), to trying out different washes that didn't help due to it being what I thought it would be to seem "severe". However, it turned out to not be that bad, as they just recommended me a cream in order to help the acne. It actually did help, as my skin seemed to look a little better than when I used the face washes. As well, there was a time when I actually got a huge bug bite, and my elbow hurt every time I moved it. Since my mom didn't do anything about it and thought it could heal in a few days (stating the same thing over and over again), I had to take things into my own hands, and had to ask if I could get it checked up. In the end, it got to a point where the bite seemed really bad, as if a spider had bitten it. Luckily enough, the pediatrician prescribed me a cream, and it healed in a few days.

There could be many ways that South Cove has helped me over the years, but out of all of the ones that I chose, these two reasons were the ones that really helped me the most. Other reasons were pretty small and didn't make too much of an impact on my health. Even so, South Cove has made a great impact on keeping my well-being as normal as possible, and I hope that it can help me further on with keeping not only my physical health good, but my mental health aligned.