MHA 1933 Society Member and Storyteller Feature

Rob Jones had no idea when he accepted a friend’s invitation to MHA’s 2017 Wake Up for Wellness event, that it would be a turning point in his life. At that time, he found himself struggling to help his two brothers as each grappled with mental health concerns. He battled to keep his siblings safe while still maintaining his own equilibrium. Rob eventually came to the realization that his individual efforts to help his brothers weren’t enough, but the path forward was murky. “I didn’t know how to ask,” Rob said. “I didn’t even know who to ask for help.” Despite the support and encouragement of well-meaning friends and family, Rob felt isolated and alone facing issues to which it seemed few could relate. “What I needed more than anything was for someone to understand in a real way what I was going through.” Rob found that much-needed help and understanding at MHA’s Wake Up for Wellness event! Hearing the stories of others and knowing he was not alone on his journey, was the turning point when Rob found help for his siblings – and himself.

A Gulf War veteran, proud father of three young adults, a new grandfather and a successful banking executive, Rob found the strength to let go of his shame and break the silence about his own struggles with anxiety and PTSD. “I’ve learned that power comes from being honest, and vulnerability makes you strong.”

Rob (right) sharing laughs with fellow MHA Storytellers (left to right) Guillermo Villar, Glenn Proctor, and Jim Dukes.