

Dear Dr De Silva,

Just want to say a big thank you for looking after me in the last few months.

I am so lucky to have met you and a team of professionals who helped me to get through the most difficult time of my life. Without you all, I wouldn't have recovered so quickly. Of course thank you for your wisdom for not offering me ECT. As you wisely said and reality has proven, I clearly don't need it...

Thank you for helping me to realise and I can now comfortably embrace the idea of "change" for the greater and better. I have learned not to take anything for granted and how to create a "well balanced" life. It's long way ahead but I'm so happy to move forward with a new beginning. Please take care of yourself and I will miss you.

Best wishes