

about me.

Anne



Anne's path to finding support and empowerment began with a referral to Langs to meet Bethany, a Social Worker. Initially, Anne hesitated due to her cultural norms, feeling apprehensive about seeking help. However, her trust in her doctor helped her believe she would be connected with someone who cared for her well-being and respected her privacy.

"I was very afraid to go see a social worker, but now I have found life change through talking to someone," Anne reflects on her initial apprehensions.

Through her sessions with Bethany, Anne learned valuable skills that empowered her to understand her body's reactions during stressful times and manage her emotions effectively. Bethany's compassionate guidance not only helped Anne navigate her emotional challenges but also connected her with the Health Guide team at Langs.

With the support of the Health Guide team, Anne successfully navigated the complex social systems in Cambridge, leading her to find housing and access other essential supports she needed.

What made Anne's experience even more meaningful was the continuity of care she received. She has been able to see Bethany consistently over time, which has fostered a strong and trusting relationship between them. As Bethany's role shifted to support patients of the Diabetes Education Team, their discussions extended beyond emotional well-being to include Anne's physical health and its impact.

"I feel safe. I know I can call Langs, speak to Bethany, and get help. Even if I have to wait to see her for an appointment, I know there is hope at the end of that wait," Anne shares, expressing her gratitude for the ongoing support she receives from Langs.

Anne's story is a testament to the transformative power of compassionate care and guidance. Through Langs and Bethany's unwavering commitment, Anne has found the strength and resources to overcome challenges, embrace change, and build a brighter future for herself.

Note: Stock photo, to protect privacy

