



***SPEAKING ABOUT  
DEPRESSION***

# About

*"It's not that I wanted to die. I just wanted this horrid feeling inside of me to stop. It seemed like taking my life was the only solution."*

The fog has lifted. The marriage is restored. The tears have stopped. The secret is out.

For nine years, John and Patricia Gallagher and their four children were trapped in silence from the shame of John's suicide attempts. He never even told his father the truth. Then, John read about a teenager who reached the same point of despair, and also leapt from a building in an attempt to end his life. This jolted John out of his cocoon of shame, breaking his silence, and energizing him to carry forth his testimony for the sake of his family and to help others who might be going through the same distress. He was too ashamed to talk about the leap from a third floor window that crushed his legs, his silence a locked box that all but destroyed his family. His family endured five years of the parents' separation. But now, that shame has turned into a mission.

A mission with the help of the Team of Angels that Patricia created during the family crisis. It was the little team of angels pin that Robin brought to the hospital, with the words scrawled WE LOVE YOU, DADDY, that stayed pinned to John's bed during his recovery. And when the ambulance arrived at the home, the morning before, it was nine-year

old Ryan's attempt to scramble up the steps with the team of angels pin, that touched all who witnessed it. . The team of angels pins have now reached over 100,000 people who need comfort and hope. For information about the team of angels project or to order team of angels pins, please visit [www.teamofangels.com](http://www.teamofangels.com)

"If I can help one person, help one family, avoid going through the turmoil we went through, I would feel so successful and useful."

Anyone who might want to gain insight into what leads a person to such a point of desperation, and for the millions of families that are dealing with a loved one's depression, this book will help you to feel less alone. Patricia's story of the team of angels project, and she reached out to encourage others as a way of dealing with her own pain.

Robin, Katelyn, Kristen and Ryan Gallagher talk about the night their lives fell apart and the healing that has come about because of John's courage in sharing the truth, maybe with the help of the team of angels! .

John Gallagher, holds a MBA in Finance, and is the father of four children. He lives with his wife, Patricia, in Pennsylvania. He has worked for IBM, Smith Kline Beecham and Bristol Myers Squibb.

# speaking about depression

John and Patricia Gallagher



## John's Story

The Gallaghers know what happy times look like - they lived in a great neighborhood, a lovely home, they had a happy marriage, and four beautiful children. But when their family was ravaged by depression, they didn't know where to turn, or how to cope. Many lessons were learned the hard way. They have written this book as a family, to help others deal with difficult situations.

### JOHN'S STORY

On the outside, everything looked great. I had an MBA, a job as a financial analyst, and a wife and four children. But, on the inside, everything had begun to fall apart. My company was cutting back, and I feared being laid off and rendered incapable of providing for my family. I also feared telling my father and my father-in-law about the possibility of losing my job.

Life began to overwhelm me. What I didn't know then is that my high degree of worry and anxiety, coupled with the sense of not being good enough, were classic signs of a genetically scripted illness.

It was about a year before I jumped. Little by little, month by month, day by day, I was starting to feel different. I was scared, sweaty, anxious, irritated, angry.....and so confused.

My symptoms had returned with a vengeance. My condition was worse than ever, and I couldn't seem to shake it.

I jumped, relieved that the pain would finally go away.

It did not.

The descent was frightful; the impact was heavy, obliterating.

When I jumped, I had no idea how high up I was. I didn't know whether I was 1000 feet above the ground or 50. I think I may have hit the side of the building on the way down.

I landed on my legs; they crumbled under me. Rage exploded inside me. I'm still alive, I cried. I could not even kill myself. I lay on the asphalt, bleeding and cursing my survival.

After being discharged, I had to continue doing physical therapy to help repair my battered body. I also had to see a therapist and go to cognitive therapy sessions to help repair my psyche. The antidepressants began to kick in, and I started to be able to sleep again at night. My headaches soon faded into memory.

The support of friends and family contributed further to my recovery.

I now knew how much everyone loved me and cared. Everyone in our immediate family and our two closest friends did everything they could to help.

Reaching out to others has helped our own family to heal. Instead of hiding, Trish and I are reaching out to others by sharing the truth about the pain we went through. Our children, too, have spoken their stories.

God indeed, works in mysterious ways! Our family's journey is proof of that.

## How a “happy” family who was featured on the Oprah Show twice is recovering from hard times!

The Gallaghers know what happy times look like - they lived in a great neighborhood, a comfortable home, they had a happy marriage, and four beautiful children. But when their family was ravaged by depression, they didn't know where to turn, or how to cope. Many lessons were learned the hard way. They have written a book as a family, to help others deal with difficult situations:

**NOMORESECRETS—AFAMILYSPEAKS ABOUT DEPRESSION, ANXIETY AND ATTEMPTED SUICIDE** is the title of the book which is a compelling narrative of a family shattered by attempted suicide. It tells of a family's struggle to renew John's interest in life. The Gallaghers are available for interviews.

Back when life was grand, before depression came into their lives, the Gallaghers were featured twice on the Oprah Winfrey Show on a segment about **RAISING HAPPY KIDS ON A REASONABLE BUDGET**. Patricia Gallagher had written a book by that title and Oprah's team

came out and filmed a segment at their home in PA.

Oprah said, "I don't know how this family does it...but let's go on a visit to their home." It looked so perfect back then, John Gallagher playing ball with his kids in the yard, kids doing their chores, a happy family mealtime. But the Gallagher's lives were shattered just a few years after that appearance.

John Gallagher was plunged into despair when his employer threatened layoffs. He couldn't sleep, didn't eat, became withdrawn. The rest of the family knew something was wrong, but didn't know what to do. Things got worse and worse, and when John attempted suicide, the family was torpedoed emotionally and financially. Desperate to keep up appearances and ashamed of what had happened, they created a web of lies to cover up what really happened to John.

Now, nine years later, the Gallagher family has begun to tell their story,

and have found healing and peace in the process. They want to help other families in difficult situations; whether it is a parent struggling with depression, addiction, alcoholism or a chronic illness, the ripple effect devastates each member of the family.

Dr. Dan Gottlieb, the host of the Public Radio Program "VOICES IN THE FAMILY," said this about the Gallaghers, "I have been doing this show for 22 years and I can not remember being so touched by a family's story. Your daughters are beautiful inside and out. Thank you for trusting me with your story." The Gallaghers are available to share their story and look forward to hearing from you. 

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# Interview Questions

***What Is Depression?***

***What are the different forms of depression?***

***What are the symptoms of depression?***

***What illnesses often co-exist with depression?***

***What causes depression?***

***How do women experience depression?***

***How do men experience depression?***

***How do older adults experience depression?***

***How do children experience depression?***

***How is depression detected and treated?***

***How can I help a friend or relative who is depressed?***

***How can I help myself if I am depressed?***

***Where can I go for help?***

***What if I or someone I know is in crisis?***

## Testimonials

“A compelling speaker! Tricia’s story speaks the truth because it comes from her heart. It is story of hope and healing...one that we all need to hear in these difficult times.

—Rev. Melinda Angstadt, Celebrations of the Spirit, Reading, PA

It was so helpful to hear from John that families should not blame themselves for the actions of the suicidal person. They are the ones who have the issues that they either choose to address in a positive way, like others choose to do, or to choose self destructive solutions.

—Dr. Sandi Cleary, Director of Spiritual Renewal Ministries, Northfield, NJ

You and John were amazing and the courage you both exhibit to share your story astounds me as=2 0I just know you are helping others(more than you may know)...

—Kim Batdorf, United Way Campaign Coordinator, Limerick, PA

Thank you so much for sharing your story. Your message truly impacted everyone in the room. You will make a difference in the lives of many families.

—Barbara Hubley, Loaned Executive United Way

The Gallagher family recently appeared on the Dr. Dan Gottlieb Voices in the Family Show. They were riveting speakers! Dan was so impressed with them he didn’t take any callers that day because he just wanted to hear from the family.

—Ruth Z. Deming, MGPGP Founder/Director, New Directions Support Group, Glenside, PA

Patricia is a caring woman who gives so much to so many. She is educated not only academically but emotionally. She is skilled in thinking and acting “out of the box”. Her zest for life and learning is way off the charts.

—Nancy L. Mellon M. S, Montgomery County Community College, Blue Bell, PA

Thank you for sharing your faith story when you attended our Collegeville- Trappe Ministerium meeting. We also appreciated the team of angel pins and bookmarks. You can be sure that I will carry them around, and when finding someone in need of your poem, will pass them on. God bless you.

—Pastor Martha, Trinity Reformed Church, United Church of Christ”



**PATRICIA C. GALLAGHER, MBA**

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