

Author: Yassin S. Hall | Co-Author: Loán C. Sewer

JOURNEY UNTOLD

TWISTED LOVE

MY MOTHER'S STRUGGLE WITH
MENTAL ILLNESS

JOURNEY UNTOLD: TWISTED LOVE –
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YASSIN S. HALL

AS TOLD TO LOÁN C. SEWER

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PRAISE FOR JOURNEY UNTOLD

“Journey Untold” is poignant, captivating, stirring - - a deeply emotional story of a child’s journey with a mother who suffered from mental illness. Ms. Hall has opened the window of her soul and allows us to experience the deep, personal truths of everyday life with a parent who is mentally ill. This is not an ordinary story. Nothing prepares a young child for the twists, turns, volatility, triumphs and defeats of watching a parent’s mind slowly disintegrate. Living in a small community many, like me, personally witnessed some of her experiences. Journey Untold boldly exposes and confronts mental illness. It is page turning, twisted with emotions, truthful and agonizing; but in the end, “every little thing is going to be alright.” (Bob Marley’s Three Little Birds) - Julie S. Carr

It was very informative, touching and sad at the same time. I used to see your mother all the time and I knew something was wrong. I always wondered why no one would try to help her, like family or friends. I have an aunt and a cousin in Tortola who have the same disease. At the [book] reading my eyes were opened on mental illness and how to tell the different signs and effects it has on people. You are truly blessed and strong Yassin to grow up dealing with your mother’s illness and your family issues. I am proud of you that you wrote this book about your life experiences to share with people and educate those of us who don't know about schizophrenia. Love ya! - Dwayne Harley

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Yassin Hall exposes the wounds of her past in the book Journey Untold. She offers a glimpse into a mind in turmoil, exploring the physical aspects of mental illness and providing insight into the chaos that lies beneath the surface. Today she wants others to know that they, too, can enjoy relief and peace. This book is beautifully written, heartwarming, touching insights, a book with a Powerful message. Whether you are the partner, parents, friend, or child of a depressed person, you'll find this book an invaluable companion in your "Journey" back to health. - Walden Maduro

The pleasure was mine to have the opportunity to engage in the presentation of Yassin Hall's book Journey Untold. My awareness relating to mentally ill individuals has become apparent. Yassin's book is a wonderful read that will assist in educating our world about this unfortunate illness.

- Magarita Harris

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“If I can motivate, empower, and uplift
just one woman a day, then that’s my purpose.
That is what keeps me going.” – Yassin S. Hall

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DEDICATION

This book is dedicated to my mother, Vernice Simmonds (Rest in Peace); my father, Victor Hall (Rest in Peace); my uncle, Samuel H. Hall, Jr.; and my grandmother, Delia Simmonds.

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INTRODUCTION

What is it about mental illness that makes people just act like it doesn't exist? Despite strides made today, it is not openly discussed in many communities, especially in communities of color, like the one I grew up in, in the U.S. Virgin Islands. Whether in the U.S., the Caribbean, Africa, or South America, there is still a lot of shame associated with mental illness, so people choose often to suffer silently while their lives are unraveling right in front of their eyes.

This memoir offers a look at mental illness from my perspective as the child of a mother suffering from the effects of schizophrenia. The pages ahead offer a snapshot of the early years of my life, the beginning of my "Journey Untold," and my journey to finding myself. In it, you will hear an honest, first-person narrative of the early years that shaped the woman I am today, and from time to time, "Self," the outspoken part of my personality may share a thought or two. No, I don't have split personalities, but it's just my way of giving you all of me, as authentically and openly as I know how.

A few years ago I embarked on a journey to develop a women's clothing line and that opened the door for some amazing opportunities. One of them was to host my spring collection fashion show every year in March to showcase the latest designs to potential customers. During my 2014 "Spring into a New YOU" fashion showcase, I made the decision to share a little about myself with the

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