

NAME:
Walter Littlejohn
AGE:
73*
OCCUPATION:
Peer Consultant

RESIDENCE:
Phoenix House
Apartments
Atlanta, GA
69 Apartments

AFFORDABILITY:
- PBRA
- Low-Income Housing
Tax Credit (Income
Restricted)

*Last updated in 2018

VOICES OUT LOUD

Walter

LITTLEJOHN

"I'm more of a people person now. I feel good about myself today.... What [the Phoenix House] has done for us... it's a blessing."

Walter Littlejohn is 73 years old and was born and raised in Atlanta, Georgia. Originally from near Martin Luther King Jr.'s hometown, Walter's roots in the city run deep. His first job was working at the Marriot Hotel downtown while in high school. He also married and raised three children all within the city limits.



"I love Atlanta. I don't want to live [any] other place than Atlanta, Georgia!"

Though his love and pride for his native city are strong, Atlanta is also where he faced the toughest years of his life. In the early 2000s Walter attempted suicide. It was then that he was diagnosed with depression disorder. Through it all, his family has stood by his side.

"[My family] helps support me and know what I've been going through," he says. "They're still working with me and I'm still working on myself."

Before being diagnosed with a mental health disorder, Walter shares that he didn't understand the seriousness of depression.

"I didn't know what depression meant. I see a lot of brothers, sisters, people with mental health issues. I took it as a joke... but this illness is not a joke."

Through the trials and tribulations of depression, Walter ultimately landed at Phoenix House, where he began turning his life around.

"My number one goal was to start to get my life together," Walter says. "... get a new lifestyle of being independent...my goal [here] is to move on."

One major way in which Walter is establishing this independence is learning how to manage his money and budget at the Phoenix House.

During his free time, Walter participates in a peer-to-peer program at called Genesis, one of the many supportive programs offered in the community, to provide residents with the skills needed to live more independently.

If you've got the funds, or the housing, or whatever you got – the food? Put it to some use. Help a brother or sister because you never know when you might be in their shoes.