

**SYMPTOM** **+2**

You secretly see a doctor but cannot receive proper medication because you don't want to tell your family how you're feeling.

*Move up 2 spaces on Severity Scale*

**Symptom Info**

"I didn't tell my parents about what I was going through because I never wanted to worry them, so when the doctor diagnosed me with severe chronic depression and anxiety I had to turn down the medication he prescribed or I would have had to tell my parents."

-Isaac, BringChangeToMind.org



**SYMPTOM** **+2**

Things are getting worse and you feel like giving everything up.

*Move up 2 spaces on Severity Scale*

**Symptom Info**

About 25 million Americans will have an episode of major depression this year alone, but only one-half receive treatment. Without treatment, the frequency and severity of these symptoms tend to increase over time.



**SYMPTOM** **+2**

Your biggest fear is what people will think about you if they find out you're depressed. So you say nothing.

*Move up 2 spaces on Severity Scale*

**Symptom Info**

Families are also affected by stigma, leading to a lack of support. For mental health professionals, stigma means that patients themselves are seen as abnormal, corrupt or evil, and psychiatric treatments are often viewed with suspicion and horror.



**SYMPTOM** **+3**

You have been thinking a lot lately about suicide but have not told anyone how you feel.

*Move up 3 spaces on Severity Scale*

**Symptom Info**

"When in college 14 years ago, Farnsworth almost died by suicide, But his roommate found him in time, and that's where everything changed. He went to college, got a degree and now owns two businesses. He thanks his family and those around him for helping him rise above depression."



