



Depression Posters

Ali Malik

FIRST I WENT THROGUH MY LIST OF PROBLEMS. AS I WENT THROUGH THEM, I THOUGHT "WAIT IF I CAN'T OVERCOME THESE PROBLEMS, HOW THE EFF AM I SUPPOSED TO HELP FIX THEM", AND JUST LIKE THAT DEPRESSION CAME INTO LIGHT. I DID A BIT OF RESEARCH AND FOUND THAT HANGING, OVERDOSE, AND CUTTING WERE ALL FORMS OF DEATH AND/OR FATAL THOUGHTS. SO I JUST PASATED THE PICTURES (AFTER A BIT OF EDITING) ONTO AN AI DOCUMENT. A COMBO OF PHOTOSHOP AND ILLUSTRATOR WAS USED TO MAKE THIS. FOR THE PRINCIPLES OF DESIGN, I JUST CENTERED EVERYTHING AND TRIED TO MAKE IT JUST LOOK "GOOD".

I DID THIS JUST TO DO IT. THERE WAS NO RHYME OR REASON TO IT, I JUST DID IT. IT SEEMED LIKE AN IMPORTANT CAUSE AND I LIKE HELLPING PEOPLE, SO I JUST DID IT. I HAVE A (DEAD) PROJECT, KNOWN AS PROJECT "I NEED LOVE", SO THE THOUGHT COULD HAVE DERIVED FROM THERE, BUT THERES NO PLAIN CONNENECTION (SHAMELESS AD-VIRTISMENT, HARROWIMALL.GITHUB.IO/INEEDLOVE). I HAVE FRIENDS WITH DEPRESSION, WHICH PINL WAS DERIVED FROM, SO INDIRECTLY, THESE POSTERS COULD HAVE BEEN INPIRED BY MY DEPRESSED FRIENDS. *SHRUGS*.