

By Ingrid Vasquez

As a freelance editorial writer and blogger, I have taken much pride in sharing my story through as many avenues possible. In addition to these essays, I am also working on starting my own daily journal of thoughts based of my knowledge and experience in mental health. That will be at www.julynineteen.com within the next few weeks. I continuously look for ways to use my words to further work in mental health activism.

5 Ways Therapy Changed My Life | Forever Twenty Somethings

<http://forevertwentsomethings.com/2017/03/28/five-ways-therapy-changed-my-life/>

All You Need Is Love (Self Love) | Huffington Post

http://www.huffingtonpost.com/entry/all-you-need-is-love-self-love_us_585b1c96e4b04d7df167cd00

Change | Huffington Post

http://www.huffingtonpost.com/ingrid-vasquez/change_2_b_8079172.html

In Honor Of World Mental Health Day Here's My Mental Health Story | Huffington Post

http://www.huffingtonpost.com/ingrid-vasquez/in-honor-of-world-mental-_b_8274682.html

My Depression Story | Huffington Post

http://www.huffingtonpost.com/ingrid-vasquez/my-depression-story-told-_2_b_8805750.html

What They Never Tell You About Therapy | Huffington Post

http://www.huffingtonpost.com/ingrid-vasquez/what-they-never-tell-you-about-therapy_b_9095094.html

Why You Don't Need It All To Be Happy | Huffington Post

http://www.huffingtonpost.com/ingrid-vasquez/why-you-dont-need-it-all-to-be-happy_b_5937410.html

MyJourney at the Crossroad of Lymphoma and a Benign Tumor | Mogul

<https://onmogul.com/stories/my-journey-at-the-crossroad-of-lymphoma-and-a-benign-tumor>

How to Help Your Children Understand Mental Illness | Parent.Co

<http://www.parent.co/how-to-help-your-children-understand-mental-illness/>

5 Ways To Fit Meditation Into Your Busy Schedule | Sivana Spirit

<http://blog.sivanaspirit.com/md-sc-meditation-busy-schedule/>

6 Songs That Have Helped Me When Depression Is Too Much to Handle | The Mighty

<https://themighty.com/2016/11/songs-that-have-helped-me-when-depression-is-too-much-to-handle/>

Coming Out of Hiding: Telling People About Your Depression | The Mighty

<https://themighty.com/2016/11/telling-your-friends-youre-depressed/>

When a Doctor Invalidated My Physical Symptoms Because of My Depression | The Mighty

<https://themighty.com/2016/10/response-to-a-doctor-who-dismissed-a-depressed-patients-symptoms/>

Why I Respect Rachel Bloom After Reading Her Mental Health 'Glamour' Essay | The Mighty

<https://themighty.com/2016/10/reaction-to-rachel-blooms-depression-and-anxiety-glamour-essay/>

I Live With Depression and That's Okay | Vivala

<http://www.vivala.com/mind-spirit/latina-living-with-depression/2679>