

# My Depression

By Nadia Richardson

At the height of my depression, I tried to hide it from you.  
I became a master of disguise and thought I had you fooled.  
But you spoke words of concern that shattered my defenses.  
And you held no judgment. Only caught every tear I cried in a jar  
that you used to water the flower of our friendship.  
Being there. This was your way of loving me.  
And it was enough.

At the height of my depression, I doubted my ability to care for you.  
I apologized to you in my prayers and wished for you a better parent.  
But you love me with the heart and innocence of a child.  
God, please let her understand that Mommy loves her  
and I am trying.

At the height of my depression, I came to worship with you.  
I sought your counsel and struggled to find the words to explain how I feel.  
But you broke me further with words that shamed me into believing  
that if I prayed more, read more, gave more  
than God wouldn't be punishing me this way.  
You shook my foundation by blaming me for my pain  
and insisting that I am too blessed to be stressed.  
And to my detriment, I believed you.

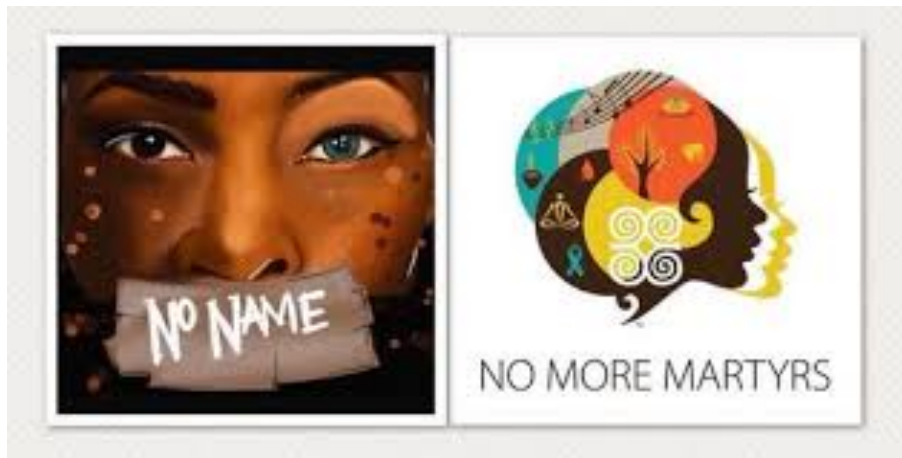
At the height of my depression, I tried to leave you.  
But you wouldn't let me go.  
You held me close and gave me reassurance I felt underserving of.  
Now here we are all these years later.  
Both fully committed to my recovery....til death do us part.

At the height of my depression, I am still beautiful though I can't see it.  
I am still intelligent though I don't believe it.  
I am still worthy though I may reject it.  
I am still strong though I may question it.

At the height of my depression, I am magic.



The 3<sup>rd</sup> annual Minority Mental Health Awareness Summit is scheduled for July 12, 2018. For more information, please visit: [www.NoMoreMartyrs.org](http://www.NoMoreMartyrs.org),



No More Martyrs serves as content advisor to playwright Shannon Hart of Evoladad Productions. Shannon Hart develops a Black female character living with mental health concerns for the play 'No Name'. No More Martyrs attended the play debut in Atlanta GA in February 2018.

## Previous Webinars



Traniesia Lady Caldwell



Tonya Ingram

### Mental Health and Spoken Word

Spoken word as an art form of expression and creativity is also a powerful tool for breaking the silence and stigma often associated with mental health.

Join us for a free informational webinar titled:  
Mental Health and Spoken Word  
Date: Wednesday, July 29, 2015  
Time: 11:00am CST

For more information and to register, visit  
[www.Facebook.com/Join.No.More.Martyrs](http://www.Facebook.com/Join.No.More.Martyrs)

No More Martyrs is a mental health awareness campaign that seeks to build a community of support for Black women.



Lanada Williams, MA, NCC, LPC



Nadia M. Richardson, PhD



Dr. Yvonne Marie Williams  
Hope and Motivation Instructor



Dr. Cheryl Woods-Gonzalez, PhD, PMHNP-BC  
Associate Professor, University of North Carolina at Chapel Hill



Ms. Tashia Marie  
Artist, Playwright, Educator

### Meditation and Mental Wellness

No More Martyrs is a mental health awareness campaign that seeks to build an online community of support for Black women.

Each month, we host free informational webinars.  
May is Mental Health Awareness month and Meditation month.

Join us for this important webinar as we explore  
the mental health benefits of meditation.

Thursday, May 28, 2015 / 11:00pm-1:00pm EST

To register, check us out <http://bit.ly/JoinNoMoreMartyrs>

Follow us on Facebook at: [www.Facebook.com/Join.No.More.Martyrs](http://www.Facebook.com/Join.No.More.Martyrs)

Contact: [NoMoreMartyrs@VivianRich.com](mailto:NoMoreMartyrs@VivianRich.com) / 215-440-2817



Lanada Williams, MA, NCC, LPC  
Founder, AllAfrica Family Solutions, LLC and  
The Lanada Williams Show



Dr. Tashia Marie  
Founder, No More Martyrs



Regal Fro aka OneMentalVlogger



A'Driane Nieves



Lala Bullock



Lanada Williams, MA, NCC, PCC

**THE POWER OF  
A SINGLE STORY**  
**MENTAL HEALTH BLOGGERS  
SHARE THEIR STORIES WITH  
NO MORE MARTYRS**

**SATURDAY, FEBRUARY 28, 2015  
11:00AM CST**

FOR MORE INFORMATION, VISIT  
[WWW.FACEBOOK.COM/JOIN.NO.MORE.MARTYRS](http://WWW.FACEBOOK.COM/JOIN.NO.MORE.MARTYRS)  
OR CALL 203-440-3937



Nadia M. Richardson, PhD



Lanada Williams



Nadia M. Richardson



Tamara Beauboeuf-Lafontant

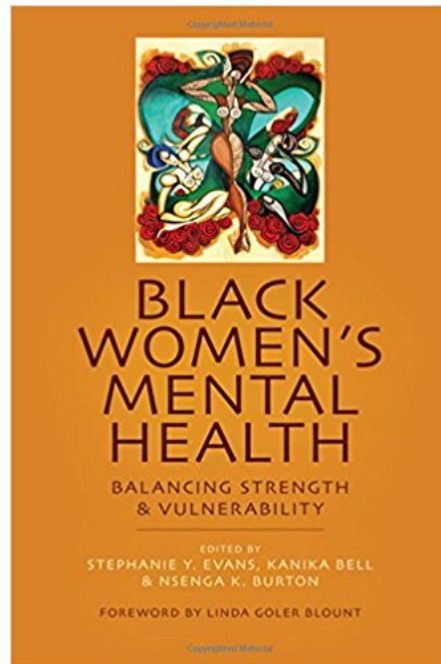


**No More Martyrs**

Redefining the Strong Black Woman - January 14, 2015 - 10:00 EST  
Learn more at [www.Facebook.com/Join.No.More.Martyrs](http://www.Facebook.com/Join.No.More.Martyrs)

[www.photovisi.com](http://www.photovisi.com)





No More Martyrs is mentioned in two chapters of this book that was published in 2017. Both chapters reference No More Martyrs as an example of culturally inclusive mental health awareness and outreach.



Sister Support Meetups now take place in 3 states with more states scheduled to launch in 2018.



No More Martyrs on the cover of the Birmingham News  
on March 18, 2018.

No More Martyrs  
[www.NoMoreMartyrs.org](http://www.NoMoreMartyrs.org)

No More Martyrs for mental illness  
2015 Kaleidoscope – UAB  
[www.uab.edu/studentmedia/kaleidoscope/news/528-no-more-martyrs-for-mental-health-problems](http://www.uab.edu/studentmedia/kaleidoscope/news/528-no-more-martyrs-for-mental-health-problems)

Birmingham group advocating for the mental health of black women nationwide  
AL.com story (March 6, 2018)  
[www.al.com/news/birmingham/index.ssf/2018/03/birmingham\\_group\\_improving\\_men.html](http://www.al.com/news/birmingham/index.ssf/2018/03/birmingham_group_improving_men.html)

Top 40 Under 40 Leaders in Health

National Minority Quality Forum

<http://nmqf.net/40u40/nadia-m-richardson-phd/>

<http://nmqf.net/40u40/>

No More Martyrs Sister Support Meetup launch in New Jersey

<http://lynettedavis.com/2017/01/15/no-more-martyrs-and-clack-associates-unite-for-mental-wellness/>