

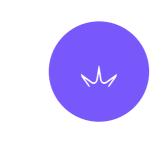
DEPRESION

"Depression: a silent battle. Isolation deepens, hope fades. Seek support, find light. You're not alone. Reach out, heal, reclaim life."

Originally created by Dave Gray at

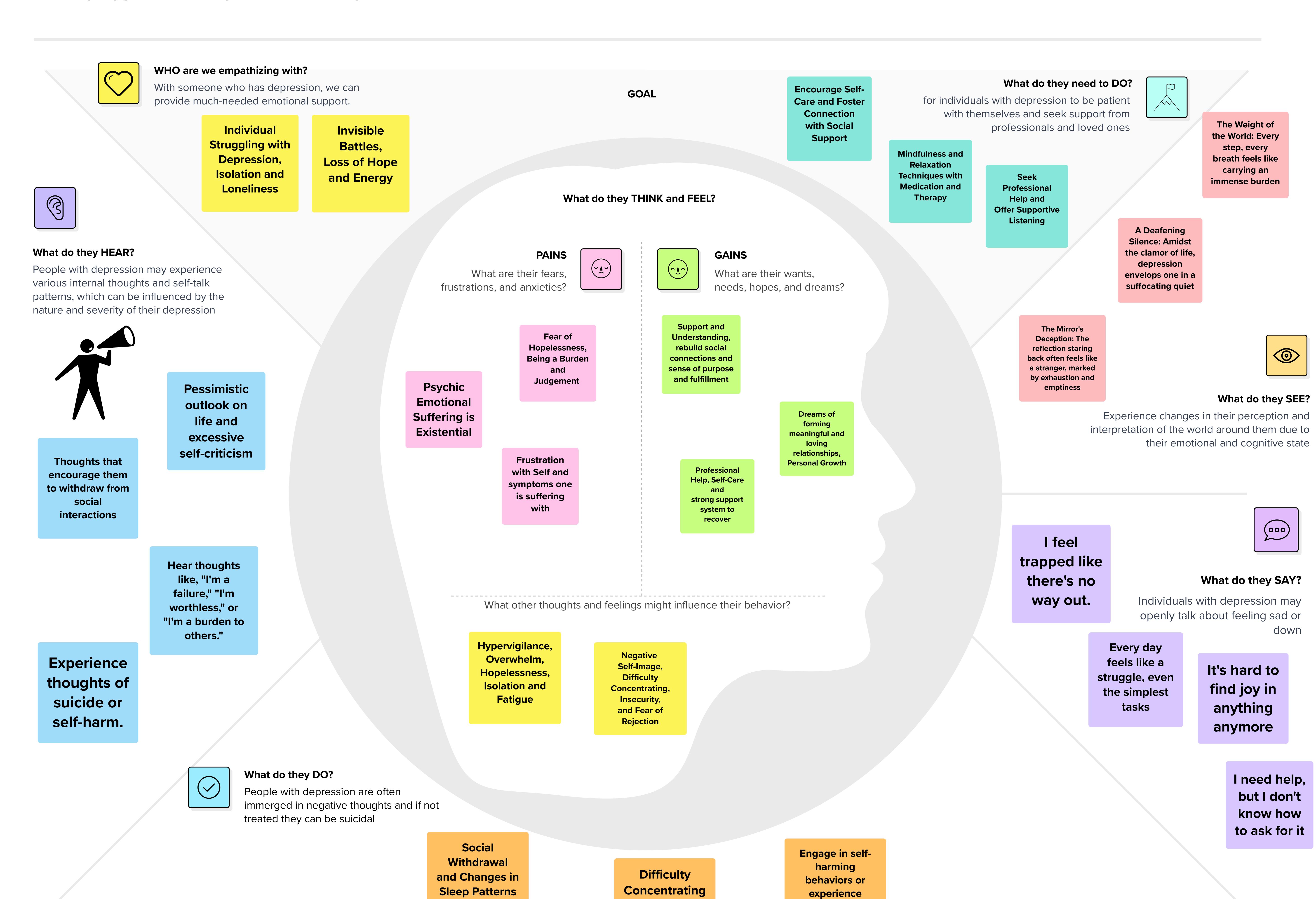


Type your paragraph...



Depression

Common mental disorder affects mood and motivation. Globally, 264 million were affected (WHO, 2021). Symptoms: sadness, fatigue, changes in sleep/appetite. Seek professional help.



and

Negative

Thinking

thoughts of

suicide

(hypersomnia)

The Weight of

the World: Every

step, every

breath feels like

carrying an

immense burden

What do they SEE?

What do they SAY?

It's hard to

find joy in

anything

anymore

I need help,

but I don't

know how

to ask for it