

Asking me

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| Asking me, “what are you depressed about?”, or telling me to cheer up, is not helpful and not welcome. You aren’t helping. | |
| I don’t know when a panic attack will happen. If I missed your birthday, or party, it wasn’t because I didn’t want to be there, but sometimes a panic attack changes the course of my plans, without any warning. | |
| There is a difference between having depression and feeling down in the dumps. It taints every area of your life. | |
| It is real, it is devastating. It is more common than you realise. If you think you don’t know anyone who has suffered or is suffering with depression, I guarantee you do. | |
| Depression can and does take lives. It is a very serious illness. If you’re really worried about someone, don’t be afraid to stick your oar in. Offer support, know where to go for professional help, check in. | |
| I struggle every day to function like a ‘normal’ human being. I wouldn’t wish these feelings on my worst enemy. I’m not lazy, just exhausted. I am trying my best. I know you might not understand. I know I’m hard to be around sometimes. I wake up and absolutely dread my whole day, every day. | |
| Nobody chooses to be depressed. It is not a lifestyle choice and is only cool in films. | |
| Lots of people want to talk about their depression but look how many people don’t feel comfortable doing so with their name on it. Ask yourself if that’d be true for something like asthma or a broken leg and what you can do to break down that stigma | |