



#depressionhurts

My Story—Andrea

I'm 41 now, I'm a Mother and work as a Counsellor/Justice worker.

My depression started when I was 16, so I've lived with depression for 25 years.

Depression makes me feel, hopeless, isolated, ugly, lonely, frustrated, afraid and sad.

This illness is hard but it's just part of my personality. Having depression does not mean I'm a serial killer, nor does it mean that I am crazy.

It's not who I am, it's something I have to address **sometimes**.

It does not make up the whole of me!

It would be so nice if people were not so afraid of the word, or if people were more educated about it.

I get crass statements said to me 'Snap out of it !', '**You** couldn't be depressed, you have too much going for you', 'You just need to look on the bright side' or, my all time favourite, 'It could be worse'.

Depression is hard and mostly people make it harder.

People not understanding, thinking I'm being dramatic, ungrateful or seeking attention.

Mostly, I just want people to listen to how I feel without silencing me with the sentences above.

Sometimes I feel only people who have been through it really understand what it's like.

They are the people that make it easy.