DEPRESSION: NEVER A JOKE!

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Depression comes anytime. It is unpredictable.

Depression is a serious mental health condition that indicates negative impact on the way we feel, act, think, and interact with other people. It can lead to a wide range of emotional and physical problems and it can reduce a person’s ability to function at work, home or even the students while in school.

The death of family member, end of contract at work, loss of job, and ending of relationship are some of the situations that are difficult to handle that can cause the feeling of sadness or grief. However, it is true that grief and depression can cause intense sadness but still, they differ in some ways.

Recently, October has been announced to be the month of mental health awareness though originally, it is held during May. It just happened that cases of depression have increased and one best example is here in the Philippines wherein students happened to kill themselves because of depression.

It is true that it is important to mental health conditions throughout the year since it offers a dedicated time for mental health advocates to come together as one unified voice to stop the stigma and spread awareness.

Gladly, it is curable and the only thing that we need to do is to cheer up these people who are experiencing intense sadness most especially those who are having depression. Let’s make them feel that they are loved and that they belong to this world. Stop the hatred and offer unconditional love.
References:

https://www.psychiatry.org/patients-families/depression/what-is-depression