SILENCE MEANS HELP

by:
Venancio C. Belleza
Teacher Applicant

We are now living in the 21st century, and this issue becomes viral especially among teenagers—depression. But, are we really aware of what it is? If you're going to define it, what would it be? Do you know what its causes are?

Lately, mental health concerns reached its peak to be the trendiest issues, especially in the Philippines. Depression is a real mental health illness. It is, indeed. There are lots of people committing suicide because of depression. Those victims have stories to tell, but they were not able to do so. It is because some people misunderstood them as weaklings who were incapable of handling their own life problems. For them, these people who are experiencing depression are just seeking for attention.

Worse, some people tend to link this issue on their religion matters. They are saying that some people are experiencing depression because they do not have that strong “faith” in God that is why. How I wish we could break that stigma!! Because it is indeed a bit disappointing how people seem to blame these victims for having certain illness that they did not even choose to have in the first place. While some people out there are saying that depression is just a joke, and they are just experiencing it because they are thinking of it, the victims suffer much from unbearable pain and agony. This is the embarrassing reality that we are facing today!

In our daily living, we are all experiencing battles on our own. It could be financial, school, family, or relationship problems. Nobody knows; this is why we should always choose to be kind. We do not know what these people are going through at the very moment. Yet, we have to bear in our minds that nothing worth having, comes easy. We
just have to keep going because there is so much more life has and about to offer to us. This healthy way of thinking might be hard to achieve when it comes to the people who are having depression.

These people just need someone to talk to. As rational people, let’s lend our ears to them who are being crushed by burden and fear coming from the thought that they are all alone. A minute listening to their stories may save their lives. Committing suicide is not the solution. The pain will just be passed to other people, for them to bear. Another effective solution to this matter is by consulting and seeking for professional help. It is the best solution and it is just like consulting your doctor or physician when you are not feeling well physically. Because some people think that these individuals who are consulting their psychiatrist are "crazy", some of them choose not to do so. This toxic way of thinking just makes the problem worse. Depression is a real mental health illness, and it is not something a person should be ashamed of having.

Let’s open our mind to deeply understand this issue, so that we would also be aware about our loved ones’ mental health. Let’s always be soft to others, and not that harsh. We need not to be aggressive but to carefully choose the words we will say to them. In this manner, the analysis of their situation will be easier for us to execute. We are meant to encourage and not to criticize. Choose to be kind. Lend an ear to someone who needs you. Always tell them to keep going because they are not alone in this battle, we are with them through thick and thin.

References:

https://www.doh.gov.ph/national-mental-health-program