



No one in this school likes me.  
I can't do anything right.  
The world would be better  
off without me.

## FRIENDSHIPS COUNT

Help fight the stigma of living with Depression.

“ You may think that depression means you're always sad. But I have depression, and sometimes I just feel angry. I might even fly into a rage or make bad choices. Other times I do feel sad or worthless. I might even withdraw from my friends and avoid social settings. When I'm feeling my worst, I sometimes think the world would be better off without me.

I take medicine and see a therapist, and I don't usually get as sad or irritable as I once did. But sometimes I still feel bad. If you see me starting to act depressed, tell me about it, and I promise I'll try to listen.

People recover from depression. It helps when we have friends who support us and maybe even keep us busy with positive things to do. Let's hang out. You'll find I fit in with your friends.. ”

[www.friendshipscount.com](http://www.friendshipscount.com)

MENTAL HEALTH CONNECTION  
OF TARRANT COUNTY

