

Welcome to Sad Town

The universal stereotype of depression is that those who possess the disease are viewed as a real “pain in the butt”. Society has taken this pale gray mental condition and transformed it into a joke or states it is “just a phase”. The term depression comes from Late Middle English, defining it as “the condition of being depressed in spirits” (Oxford University). This essay will oppose the stereotype through the examples of depression as a feeling, medicated depression, and a personal viewpoint of depression.

Feeling depressed is a simple concept. It is an emotion similar to feeling blue. Often people describe the most difficult times in life to get through as depressing. People will express overwhelming sadness at more than one point in their life. As an example, the young tweens in the world experience what they believe is their true love when it is only their first love. When the excitement of this love fades away and the relationship crumbles, these adolescents feel as if their world is crashing upon them. They translate their emotions into instagram posts saying this boy or girl was the one for them and they feel so depressed. The feeling of depression may not go into deep levels, but does not mean it should be blown off. Though the maturity may be lacking, support is always needed.

Changing to the viewpoint of depression as a mental illness, doctors describe depression as a mental illness in which there is a persistent feeling of sadness and loss of motivation in the individual's life (WebMD). Doctors state there are many causes of depression. Causes range anywhere from an unexpected loss or biological reasons causing a low production of serotonin. In recent years a suicide awareness campaign has gained popularity. Symbolized with a deep purple ribbon, it has brought the focus onto depression. The Washington University of St. Louis stated that estimated 17.5 million Americans are affected by some sort of depression. (Many of

these people do not seek treatment even though there are many types of medication and options for counseling. When focusing on the aspect of depression as a mental illness, it becomes much more serious.

Analyzing depression from a personal level is something that is quite difficult. Not because it is impossible to describe, but because it is difficult to give details when dismal emotions come into my mind. Piles upon piles of horrid memories spill into my mind when thinking about my struggles with depression. I was treated with little respect, was not given the support I needed, and felt like an inconvenience to the world. Depression hit me like a train. I was drilled into a black hole I felt I could never escape from. I experienced self-harm, the dreaded suicide plan, and countless sleepless, tear-filled nights. It was not until I began my counseling sessions that I truly felt I would "be okay". Depression has taken and still does take a massive toll on my emotions and life.

With completion of this essay, there comes a request. Search on the web the site called "Tumblr". Type the simple word 'depressed' into the search bar. Take a long journey through every post, story, and joke that contain this tag. Do this with discretion and ensure that you are mentally and emotionally prepared because some findings may shock you. The blood falling off pale wrists and goal weights of already malnourished teens create a picture that could rip your heart to shreds. Depression is not a joke, and people suffering with this disease should never consider themselves a nuisance. Time to wake up World and realize that depression is not a game people play for fun. Depression is a nightmare from which I have recently awakened.

Works Cited

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