Introduction: According to Prentiss Price from the website All About Depression, depression affects about 19 million Americans or 9.5 percent of the population in any give-one year period. From the statistics stated above it is clear that depression is a very common mental health disorder. Although I know that there are many cases of depression out in the world, I am choosing to focus on one particular case of depression. Depression can affect people of all ages but the certain case of depression I am focusing on is of a seventeen-year-old girl named Lauren. The victims of depression find it hard to express their feelings to try and make their family and friends understand all of their feelings; this project focuses on trying to help the family understand what Lauren is going through.

Genre 1 (Letter)

Dear Mom,

I signed into my email I have thirty-two unread emails, twenty notifications on my Facebook, and I have twelve voice mails on my cell phone all of which had the subject of a social event. In the past couple months I have been invited to go to the movies, go shopping at the mall, go to birthday parties, and many other social events. I ignored all of the invitations. I have no interest in going to any of the social events. I used to go out all the time with my friends and now I never want to leave my room. I remember the day when you approached me and told me that you realized that I have been shutting off my friends and ignoring all of their invitations; you accused me of being lazy and even worst accused me of being on drugs. You didn’t understand how a young girl could go from an outgoing person who loved socializing to a person who never wanted to be seen in public and not want to be around anyone. You kept asking me what was wrong and I could never give you an answer; I wasn’t trying to be fresh I just truly couldn’t give you an answer because I didn’t know what was wrong with me. As you know and experienced I cut myself off from the family and rarely talked to anyone; I kept to myself and felt so a lone. I didn’t know how to help myself and neither did you. I blame myself for making our relationship so sour but now I wish to make it better. I am writing you this letter so you will understand how depression is taking over my life. I have received help from a therapist and learned about depression from online but what I need most is family support. I need your help Mom.

The past couple months I haven’t been myself at all; negative and low feelings have taken over my mind. I can’t remember a time when I was truly happy. I couldn’t figure out what was wrong with me until I received helped from the school therapist; I was very resistant to go but my teachers made me. I learned that I have depression and learned about everything that goes a long with it. Depression is a very common mental illness that affects a lot of people but some people wrongly diagnosed themselves. Some people think they are depressed, but in reality that person is only have a bad day or feeling down. Having sad feelings towards something bad that happened is the norm, but it is not right to say those particular feelings are depression. Depression is a lot more than just having a bad day or experiencing low feelings; it’s a very serious illness that continues to hurt a person’ mental and physical health. Someone who is depressed can’t find a way to make themselves feel better. “Depression, though, overwhelms and engulfs your day to day life, interfering with your ability to work, study, eat, sleep, and have fun.” (Belmonte). I realized I was depressed because I haven’t been able to get rid of my negative feelings; the feelings have been with me for months. Along with all of those negative feelings I lost interest in my daily activities; I have been ditching my friends because I simply don’t want to hang out with anyone. I never have any energy to do anything and I feel worthless; I don’t deserve to have fun. I want you to understand that I never meant to hurt you; I didn’t want to separate myself from you and block you out of my life. We used to have a very healthy relationship and talk all the time. Now, for the past couple months, we have rarely talked or made eye contact. It is my fault that I have shut you out; I know you made several attempts to help me. I shut you out because I feel as if there is no point to try and help me. I feel helpless and I don’t know what is going to help me get rid of my depression.

I felt as if I would never recover from depression. However, once I started talking to the school’s therapist I felt some hope in my recovery process. I know that depression is a very difficult mental illness to defeat; I learned that with the right strategies and the right help people can overcome depression. “In most cases the best approach involves a combination of self-help, strategies, lifestyle changes, and professional help.” (Belmonte). I need you help mom. I need you to understand that I never meant to hurt you and I need you to understand that I need your help in recovering from depression.

I didn’t mention that I have been having a lot of thoughts of suicide. I didn’t know how to include this because I didn’t want to scare you. However, I am not going to leave this information out because you need to know everything to truly understand what I am going through. Thoughts of suicide are a major symptom of depression. I felt like I needed to end my life because there was no other answer to ceases all of my awful feelings than to kill me. I am slowly starting to realize that you could be my answer in recovery. I need your help mom.

Love,

Lauren

P.S.

I am sorry.