

FYSB RHY Artistic Expression Contest Entry

Did you know that people who suffer from depression can raise the percentage of having health problems than those that don't? Even life events such as graduating, getting married, divorced, a new job or as little as getting into a fight can lead to depression. More than 20 million people in the United States suffer from depression in a given year and up to 15% of those who are clinically depressed die by suicide. What is depression really? Well, depression is a persistent feeling of sadness and loss of interest. Depression is a disease, that occurs for a variety of reasons. Some people experience depression during a serious medical illness. Others may have depression with life changes such as moving to another house or the death of a loved one. Or sometimes it could be genetic and a family history of depression. Those who do may experience depression and feel overwhelmed with sadness and loneliness for unknown reasons. Depression is unique to everyone. It has different effects on people. However, we have each other to keep us going, our future, the hopes of getting over this disease. Deep down we know that people care about us and love us. The photograph has three different layers with the center photo being the most colorful as a reminder that we are unique and bright despite what goes on in our environment.