

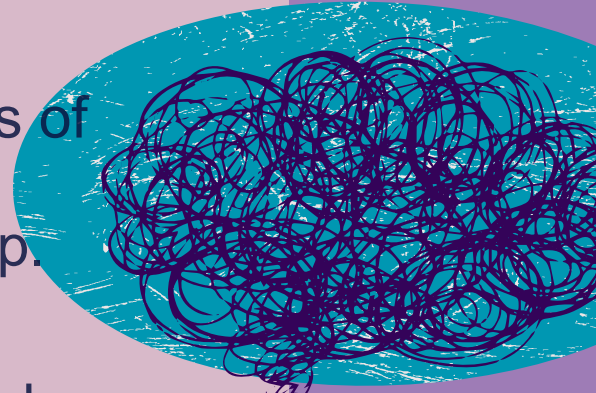
Eve

# my journey with depression

mental health was never a topic of conversation in our family.

when i started experiencing symptoms of anxiety (then depression), i felt ashamed and scared to seek help.

i feared judgment from my family and community, so i kept my struggles hidden, pretending everything was fine.



it wasn't until i realized i couldn't continue living this way.

with the support of a close friend, i confided my family about my struggles. . . .

my sister responded with love and understanding, encouraging me to seek professional help.



today, i'm on a journey of healing and self-discovery.

and i'm working to transform the perceptions of those around me about mental health by sharing my own story

