



Find help. Find hope. Find your words.

Depression can be difficult to recognize — and hard to talk about. Many people struggle for years before they reach out for help. Others never get help at all. Let's work to change that. Together, we can end the stigma that keeps people silent — and create a culture of acceptance and support.

Help someone with depression

Sometimes there really are no signs. But when there are, it's important to know how to recognize them, take them seriously, and be willing to ask the tough questions.

[Learn how you can help >](#)

If you're experiencing depression, or think you're depressed but aren't sure, you don't have to deal with it on your own. There are people who care, and resources that can help.

[Learn more and find support >](#)

[Take a self-assessment >](#)



Help us fight stigma, raise awareness, and spread hope

Talking about mental health can be hard. It's time to make it easier — and empower more people to ask for help, take action to help themselves, and support others.

[Read more](#)

Real stories of hope and support

Hear real conversations between people living with mental health conditions and the loved ones who support them.

We partnered with [StoryCorps](#) to capture their stories —you may see yourself or someone you care about reflected in their words.



Francine and Richard

What does it feel like to have cyclical depression? Hear about Francine's ongoing struggle as she shares her story with her good friend Richard.



Judy and Anthony

Anthony talks with his mom, Judy, about his journey with schizoaffective disorder. Hear about how he's managing his symptoms, his triumph over drug and alcohol abuse, and more as he continues getting better.



Leo and Marc

At only 16, Leo has come a long way in dealing with his depression. Listen as he talks with his dad, Marc, about the need to treat the stigma around depression — not just the condition itself.



Beth and Shawn

Listen to Beth talk with her boyfriend, Shawn, about how she came to understand and find the right treatment for her depression.



Bertha and Marisol

Bertha talks with her friend Marisol about the death of her mother and how it influenced her to help other people with depression.

Nondiscrimination Policy

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