

Depression is nothing to be ashamed of. It is caused by genetic, biological, social, and environmental factors. Seeking help for depression is a sign of strength.



Unfortunately, many people have negative or inaccurate views of people with depression. This is called stigma.

You can help fight the stigma around depression by:

- Educating yourself about depression
- Listening non-judgmentally when someone talks about their depression
- Remembering that depression is only one small part of a person, it doesn't define them



Happy Halloween from the Erika's Lighthouse Club, your mental health Stigma (Ghost)Busters!



www.erikaslighthouse.org