

# DEPRESSION: A Deadly Predator



First things first, Depression is an **ILLNESS**

and it is **NOT YOUR FAULT**

Like other illnesses, it means something isn't working right in your body.

Liver disease means your liver isn't working right



AIDS means that your immune system isn't working right

In Depression your thoughts aren't working



It can affect your sleep, energy, interests...

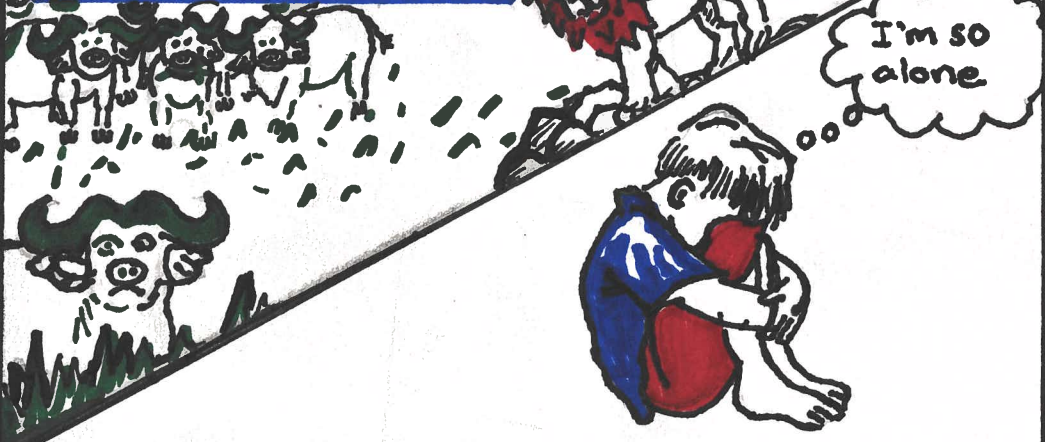


Its goal is to: **KILL YOU**  
Like how this lion kills this buffalo



appetite, mood, body, concentration, guilt, and more!

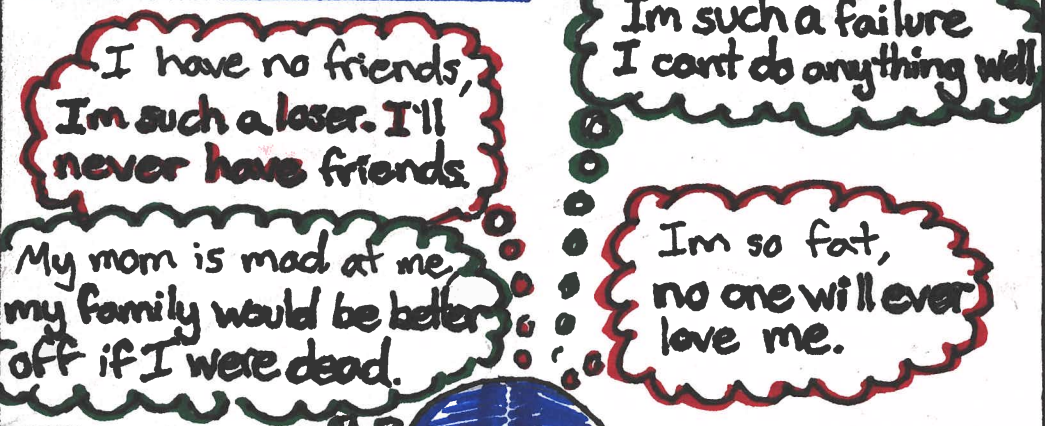
It gets you alone



Preys on your weaknesses...



and distorts them



These thoughts may contain a "kernel of truth" i.e. you failed a test or gained weight.

These thoughts, however, are **NOT TRUE!!!** (its your depression talking)

## HOW CAN WE FIX THE THOUGHTS

The buffalo is **STRONG**  
You are not your thoughts and you **CAN** learn to control them.

Some helpful strategies to deal with the thoughts:



Most of all remember **YOU ARE NOT ALONE**  
Have hope ❤️