



Your trusted voice in mental health

Carers Week and Mental Health Week 2023

“Family and Friend Story Book” Examples

To my daughter's depression.

You have been dark cloud hanging her head for far too long, raining lies over her. How dare you dim such a bright light the way you did. Slowly I watched you make her believe that she was unworthy of gentleness, love, and life, and no amount of love I gave could get through the prison walls you trapped her in. You took us all captive, keeping me awake with worry, wondering if my little girl was crying herself to sleep. You broke my heart every time I would see her screaming behind her eyes. You made me question myself. Am I a good mother? What did I do or didn't do to cause my daughter to feel so lonely and empty? Why can't I get her to open up? Why can't I fix this for her?

You're a parasite. But we are stronger than you, she is stronger than you. And soon we will break through the surface of the ocean that we have been drowning in, find our way to shore, breathe life into our lungs again, and be met the pink and orange hues of the sunrise as light finds its way back to us.



**mental
health**
families
& friends
T A S M A N I A

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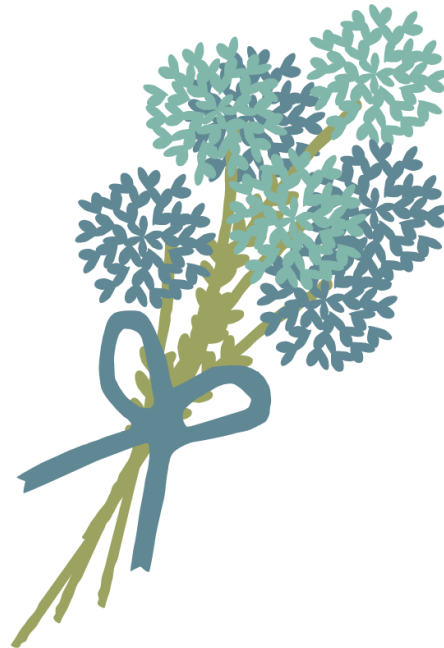
Other examples can be found here. Some examples are of the person writing to their own diagnosis.

<https://embolden.world/dearest-loved-one-a-letter-about-my-depression/>

<https://guardian.ng/life/letter-to-my-mental-illness-dear-bipolar-anxiety-ocd-depression/>

[https://www.teenztalk.org/blog/a-letter-to-a-friend-trying-to-comprehend-my-mental-](https://www.teenztalk.org/blog/a-letter-to-a-friend-trying-to-comprehend-my-mental-illness#:~:text=Please%20be%20patient.,good%20days%20when%20they%20come.)

[illness#:~:text=Please%20be%20patient.,good%20days%20when%20they%20come.](https://www.teenztalk.org/blog/a-letter-to-a-friend-trying-to-comprehend-my-mental-illness#:~:text=Please%20be%20patient.,good%20days%20when%20they%20come.)



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