



“Depression Doesn’t Always Look Like Depression”

Appearances can be deceiving. Even those who appear the happiest among us can suffer from depression.

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.

“Find Your Words” is part of our ongoing campaign to reduce the stigma surrounding mental health. We’re working with several organizations to make mental health and wellness easier to talk about with our friends, in our communities and throughout the nation.

- > [Find help. Find hope. Find your words.](#)
- > [Depression Doesn’t Always Look Like Depression](#) [video]