
Welcome to the Depression Help Forums

Posted by selfhelp - 2008/01/26 19:28

Welcome to the Depression Help Forums

Please introduce yourself here. :)

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Re:Welcome to the Depression Help Forums

Posted by Imagine Nation - 2008/05/16 02:44

Thanks for accepting me as a member in this community. The minute some one feels this world has not done anything for him/her we cannot simply come to a conclusion that this person is suffering from depression. Depression is that state of mind where a emotion gets stuck for days or even in certain case years together and they will find it difficult to come out of that state. What they need is guidance and some positive thinking to help them get out of that state.

<http://imagine-nation.biz/home.htm>

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Re:Welcome to the Depression Help Forums

Posted by Jessicarosy - 2008/07/12 01:01

Depression is because of lack of confidence and esteem. :(

If you want to help a person who is depressed is to talk about some topics which he/she would be interested, which is comfortable.:cheer:

Teach them to improve themselves to live their Dream Life.B)

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