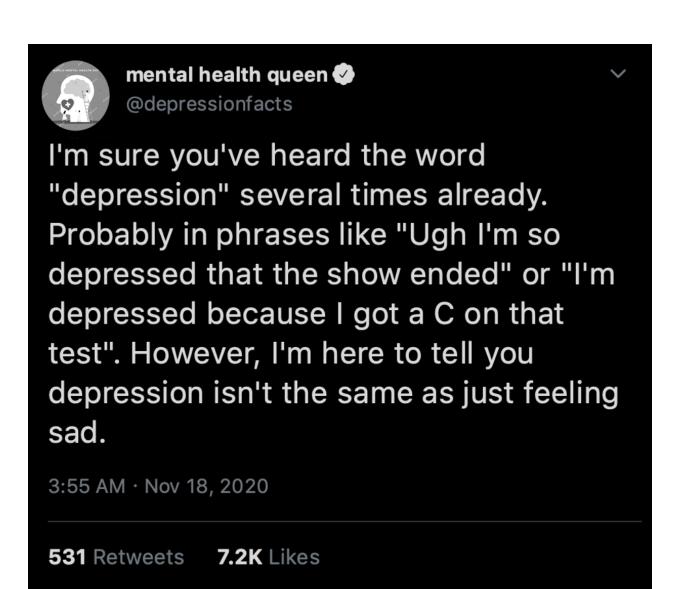
## Tweeting About Mental Health By Olivia Bolton





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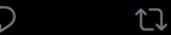


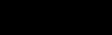


Although there's a lot of stigma around depression and it's not talked about much in school, it is more common than you think. About 20% of all teens experience depression before they reach adulthood. Chances are you know somebody who is suffering from depression.

4:07 AM · Nov 18, 2020

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The hopelessness theory states that 3 pessimistic tendencies lead to depression in teenagers. These tendencies aren't proof that something is wrong with you, though; it's as simple as being born an optimist or a pessimist. If you're not a pessimist, I'm sure you know one.



4:18 AM · Nov 18, 2020

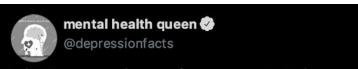
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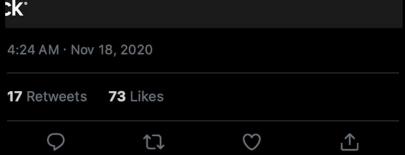






The 1st tendency is "cause". When a negative life event occurs, someone who is depressed will believe it was caused by something they can't change and will effect their whole life. Example; "I get bad grades no matter how hard I study. I'm just dumb and I'll always be."







4:30 AM · Nov 18, 2020

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An example of the 3rd tendency would be "Look how many friends that girl has. I don't have nearly as many friends as her. It must be because I'm ugly and not fun to be around"



4:36 AM · Nov 18, 2020

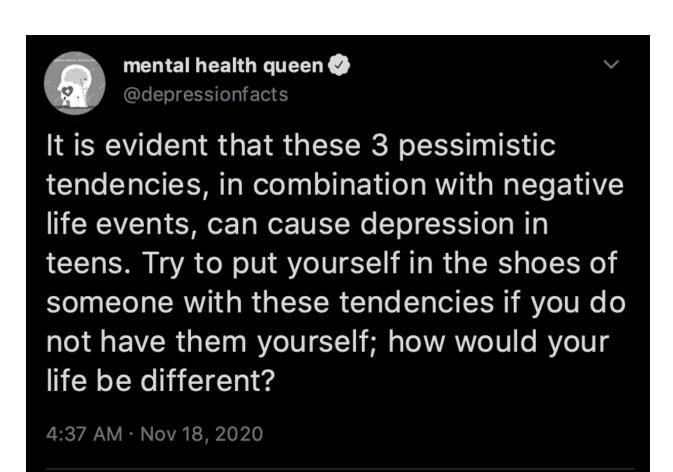
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Likes

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And finally, be a leader. By opening up about your own struggles, others are more likely to follow in your footsteps. Reach out a hand to others and end the stigma around depression by being unafraid to open up.

