

Keep the conversation going.

There is no perfect sentence to begin a conversation about depression. Curiosity, patience and an honest willingness to listen are a good start.

Come as you are.

Read an article. Share a resource. Join a conversation. If something here helps you understand yourself or somebody else a little better, it has done something worthwhile.

FIND THE DEPRESSION CHRONICLES

Instagram: @the_depression_chronicles11

thedepressionchronicles.com

For current services, events and publications, consult our official channels.

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WHY THIS EXISTS

A conversation that needed to happen.

For many people, depression is still explained away as laziness, weakness, ingratitude or a bad attitude.

Those explanations can leave people feeling misunderstood at precisely the moment they need understanding.

We believe lived experience deserves a place alongside reliable information. Both can help change the conversation.



THE DEPRESSION CHRONICLES

PUBLICATION 001

Who We Are

The Depression Chronicles

Changing Narratives.

Healing Minds.

Restoring Hope.

It began with a life, not a slogan.

The Depression Chronicles was founded in 2017 by Shelly-Ann Shaw, drawing on her lived experience of depression and her conviction that people deserve more than silence, shame or easy answers.

What began as a personal response to a deeply human experience developed into work centred on mental-health advocacy, education, storytelling and support.

“A person is more than the symptoms they are trying to explain.”

OUR STARTING POINT

What happens here?

■ Advocacy and education

Accessible conversations and resources that challenge stigma and make depression easier to discuss.

■ Counselling and connection

Counselling through The Healing Veranda, alongside an emphasis on listening and individual circumstances.

■ Stories and publications

Books, magazines, educational materials and lived-experience storytelling that make space for different voices.

■ Workshops and engagement

Learning, speaking and community conversations that invite questions rather than demand perfect answers.

Human first. Always.

Depression does not arrive in one neat, recognisable form. It can affect relationships, work, finances, sleep, ordinary routines and a person's sense of self.

That is why our work considers the whole person, not simply a diagnosis or a list of symptoms.

We try to make room for difficult questions, practical knowledge and the experiences people do not always know how to put into words.

For those living with depression, those who love them and those who want to understand.

Educational information is not a substitute for individual professional care.