# 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.

SHELLY-ANN SHAW CREATIVE HOUSE

THE DEPRESSION CHRONICLES

PUBLICATION 001

# Who We Are

## The Depression Chronicles

Changing Narratives.
Healing Minds.
Restoring Hope.

01 / OUR BEGINNING

# 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

02 / THE WORK

# 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.

03 / THE PHILOSOPHY

# 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.

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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.