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The Oppression of Depression

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I just don't understand
I've never understood.

How your friends don't notice that you're feeling down and depressed
Just wanting to feel something more than hopelessness.

How your family won't even be there for you when you open up to them.

When it feels like more of an interrogation than a discussion of feelings, my feelings

Mental illness doesn't discriminate.

I am a young black woman that suffers from depression, but we don't speak about that one... Society tries to sweep it under the rug.

And when I talk—no when we talk about it, we're considered weak

Angry.

We're told to shut up and suck it up.

Like we're supposed to be able to suppress our feelings away, conceal them from the public, and never speak about them again.

Or when we speak about it people think that we are lying, overreacting, and dramatic.

Like we don't get depressed

like there's no way black girls can be depressed.

I am tired of feeling this way.

I'm tired of waking up screaming and crying because it feels like this thing called life is beating me

This thing called life is eating me away.

And we often don't have a place to go.

A place to let emotions free.

And I just wanna be heard.

I want to be a great wife and a good mother

A good sister to my big brother

And I want to be a strong black woman too.

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Vaughn

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