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We all know that life can be difficult. Sometimes it just seems like everything is going wrong. Sometimes you just want to curl up in the corner and cry until your heart stops beating--but that's not an option. That's where people with depression find themselves, and even though they know it isn't the answer, they keep doing it over and over again. The truth is, there are so many different ways to deal with depression so that you don't have to curl up in the corner of your room with a blanket around you, rocking back and forth until something gives out on your body. There are things that can be done to prevent depression, and there's even treatment for it. We're not saying you're hopeless if you're depressed, but we are saying that you don't have to suffer any longer than you have to. The following article is about what depression is, how it can be managed, and how it can be cured. "Depression is not the sadness caused by the death of a loved-one or an unexpected breakup with a boyfriend or girlfriend." – SELF magazine (The most popular magazine in America). 1. Have you ever felt like your life was pointless? Yes, I have. I just keep wondering what my purpose is in this world. 2. Have you ever expressed to someone that you think there's no point to your life? Yeah, but other people usually tell me it's not true, or they try to cheer me up by saying something like "Life is short" or "Every day is a gift. 3. Have you ever wanted to kill yourself? Yes, but my parents took me to this psychiatrist and now I'm on medicine so I don't think about it anymore. 4. If you answered "yes" to any of the questions above, there is a medical condition known as depression. It is not your fault that you are depressed; it's something that can happen to anyone at any time for no reason (well, there may be a reason). If you're depressed, it is very important that you remember that there is treatment out there for depression. Just because you've felt like this before doesn't mean things can't be different this time around . Depression is treatable. Don't give up hope. You can get better, and you will get better. 5. If you're experiencing depression, then it's very important you talk to someone about what's on your mind so that they can help you find the best medicine for your situation.

6. It is very important that people who are depressed or suicidal seek treatment for their conditions immediately .

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