

# **Letter to the Editor**

**Depression is prevalent in Morrison County**

**To the editor,**

**We have a problem in Morrison County.**

**My name is depression. I live in adults and children. I am a disease. I will be with you until you communicate with family, friends, employers, medical staff and the community. Do not fear me. I'm living in your friends and neighbors, pastors, teachers, parents, sisters and brothers. I don't care if you are rich or poor. I'm everywhere.**

**I don't eat or I eat too much. I don't sleep or I sleep too much. I don't talk or I talk too much. I affect the way you relate to others. I will make you shout and snappy with employers, children, spouses and friends.**

**I will entice you to drink or gamble out of control. I will use more or less drugs. I can make you look good on the outside, while you're dying in the inside. I can take a bubbly 4 year old child, and make them fear the unknown and act out inappropriately.**

**If you have these symptoms, please pick up the phone and call for help. Call the crisis line, the hospital or 911. They are there for you. Let them help you. Remember you are a good person.**

**Carl – Morrison County**