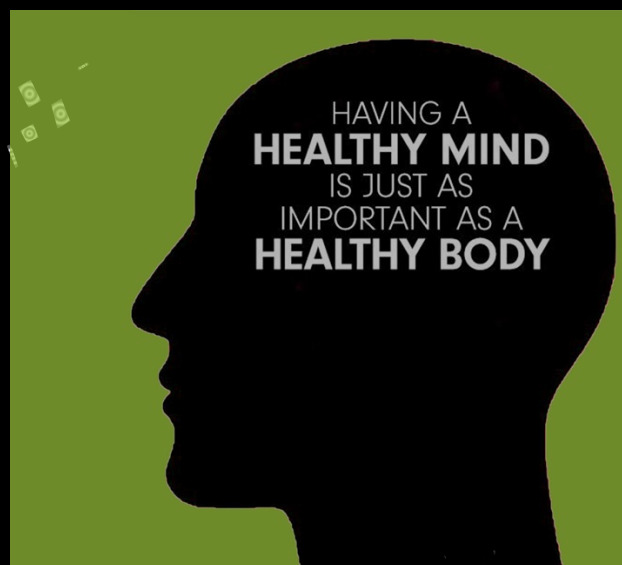
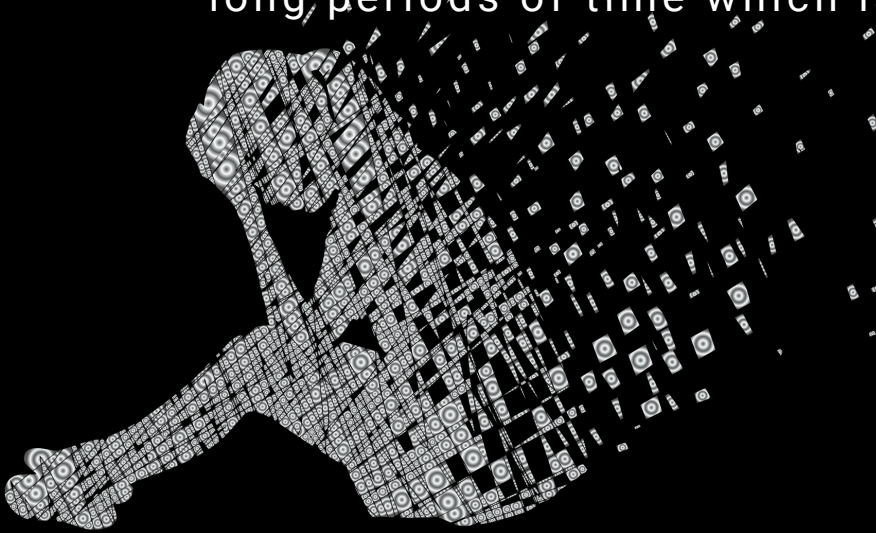


# DEPRESSION

BY ARI SULLIVAN

Depression is a mental disorder where people will often feel sad, low and like nothing can help them. Causes of depression often vary but usually the cause might have to do with work or school for kids. Bullying is also another cause of depression in young people because it is a constant and can make people feel really down for long periods of time which is what depression is.



**20%** OF PEOPLE AGED BETWEEN 11 AND 17 HAVE EXPERIENCED DEPRESSION



**87%** OF KIDS HAVE SEEN CYBER BULLYING ONLINE WHICH IS A HUGE CAUSE OF DEPRESSION AND IN EXTREME CASES CAN LEAD TO SUICIDE



**264m** PEOPLE AROUND THE WORLD EXPERIENCED DEPRESSION IN 2017



**21.2%** OF AUSTRALIANS AGED 15-19 EXPERIENCED A SERIOUS MENTAL ILLNESS



Depression in recent times has been a problem in a lot of countries both developed and developing and the World Health estimates that by 2030, depression will be the most problematic non-fatal disorder. During COVID-19 and its constraints, depression in people has gone up as well. Depression in extreme cases can lead to suicide and this is has become an increasing number over the years. Some things to do if you are feeling this way can be to call Kids Help Line, Beyond Blue and many others where it is as simple as giving them a call and having a chat about how you are feeling.