

Beyond the silence

by Maravilha João, 19, Portland

Carlos was young, talented and charismatic, but inside he was carrying a heavy burden. He struggled with depression, a silent battle that ate up one day after another.

At first, Carlos tried to hide his pain, he took pills to calm down, but then he realized he needed help. Bravely, he sought out professional help and started therapy. It was a long road, with highs and lows, and if he didn't do it for himself nobody else was going to do it, and little by little he began to find light at the end of the tunnel. Through this feeling of wanting to give up he was getting to know himself even better, it seems incredible that while he was still down in the pit he managed to get up and discovered there were things that he could do.

During his healing process, Carlos discovered his passion for music and for writing, he learned that there are bad things that come to bring good, because as a result of a depressive episode he learned that it depended on him to find help for this illness, and he channeled his emotions and experiences into beautiful compositions and poems, this began to mitigate his suffering as he found a way to express his pain and his hope to the world.

In time, the arts became not only an escape valve, but also a source of healing for Carlos. He shared his creations with other people who faced similar challenges, inspiring them to seek positive ways to deal with their own internal struggles. He met people through a music center that he himself decided to join, and from the moment he began to feel at ease with the people around him his courage surged.

Today, Carlos has not only overcome his depression, but he has also become an advocate for mental health. He shares his story openly, offering support and encouragement to anyone passing through difficult moments.

Today, all because of the friendships he built beyond the silence and beyond the darkness, he can now share his stories and ideas because he had the pleasure of meeting someone who could discern that even if he was in silence, his friend would hear his cry for help. It's not a matter of wanting to die, but rather to kill whatever it is that is causing this pain. Just by looking and hearing Carlos' voice, his friend could tell that the time had come, the moment when all he wanted to do was scream, weep and be by himself. He always knew how to give space, but he never gave up because it's not about giving up, it's all about the need to keep on trying.

Carlos' journey reminds us that overcoming depression is possible, and that it's important to look for help and find activities that bring joy and meaning to our lives. Carlos' story is a powerful reminder that even in the darkest times there is always hope, and as long as there is life there is hope.