

# Depression, The

## Student shares her journey through sadness, abuse, disputes and trauma

By Avery Bell

Tired during the day from crying all night. Waiting all day to be alone, away from everyone else. Staying to herself to avoid others hurtful words. Dreading to go home to the fighting and screaming.

Hurtful words glued into her mind, while compliments bounce off like rubber. Losing all trust in the people around her.

These are a few of the many feelings that former Rider student **\*Jackie Rollins** feels daily. Depression is to blame for the sleepless nights and dreadful days.

However, depression never works alone.

According to the Teen Treatment Center, teens nowadays are at a higher risk for depression and anxiety.

There are three times more depressed teenage girls than boys. 20 percent of teens seriously consider suicide, while 1 in 12 teens attempt suicide.

The numbers are real and are getting bigger every day.

At 12 years old, Rollins noticed she was depressed after going two weeks without eating.

Although she was bullied at school during her seventh grade year, she believes the main cause of her depression was from what was happening outside of school.

Rollins started cutting to cope with her feelings.

For a while, nobody knew about her actions until one day in art class a friend noticed scabs on her wrist and grabbed her arm revealing fresh cuts.

Quickly, Rollins pulled out of her friend's grip and pulled back down her sleeve. Her friend became angry and asked why she would do such a thing, but Rollins refused to give a reason.

From that day on, Rollins' friends grew distant and Rollins withdrew from everyone else around her. At the same time, problems in the family

started to arise.

"I guess abuse and fighting runs in the family," Rollins said.

Rollins started noticing the abuse in the family when she saw her parents fighting one day and the fight got physical. After that day, fighting became normal.

"Yelling and loud noises would scare me," Rollins said.

For a while everything was pretty calm in her house until her mom got a new boyfriend who was also a drug dealer.

Her mother then began to start using drugs along with her boyfriend, which led to fights.

Soon after her mother's boyfriend moved in, CPS came into the picture and Rollins was taken out of the house and moved into a foster home.

When eighth grade year started, bullying followed along with it. Right away, people found out about her family issues and things took a turn for the worst.

"People called me orphan," Rollins said.

Rollins' self-harm became more severe and more constant.

Social media didn't seem to make anything better due to the sad or depressing posts on Facebook or Instagram which were triggering to her. Sometimes even happy love posts on Tumblr would trigger her depression.

"Not everyone is that happy," Rollins said.

To this day, Rollins is still struggling with depression and self harm, but feels that she is getting better and the cutting is not as constant.

She said she is in a better and safer relationship with a new, loving guy. She does not live with her mother, but she has recently moved in with her dad and started at a new school in Dallas, and she is hoping to make a fresh start.

**\* indicates anonymous source**



Art by R'yn Miller.