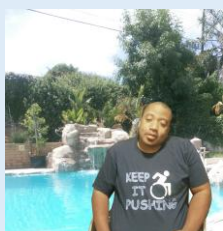


KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Did you know?

October is National Bullying Prevention Month, highlighting how bullying is a major risk factor for youth depression.

October Spotlight: Youth Depression Pt.2

Part 2....

A Message to Anyone Struggling

If you're a young person dealing with depression — or an adult facing it — please know this: There *are* people who care about you. There are people who have gone through similar battles, even if you don't believe it right now. And there are professionals who can help you navigate what you're feeling.

Whether you reach out to:

- Family
- A trusted friend
- Your faith community
- A mental health facility
- A crisis hotline

The important thing is that you reach out. Getting past the stigma that mental health struggles equal weakness is a major step. Asking for help is strength. Doing nothing only deepens the pain — doing *something* opens the door to healing.

Pay attention to every part of yourself: physical, emotional, spiritual, and mental. Don't downplay your pain, and don't downplay your worth. You matter more than you realize.

Until the next time, this is Gilbert J for KeepItPushing.org!