

Emma Grace Pike

Age: 18, Grade: 12

School Name: Homewood High School, Homewood, AL

Educator: Amy Marchino

Category: Poetry

5- hydroxytryptamine

Depression is sweet relief when stage 1 of my sleep cycle begins
Depression is the sorrow that hits you like a wave when your eyes crack open at dawn
Depression is 52 heartbeats per minute
Depression is the mask I wear when I am not alone
Depression is the little girl inside my head crying because she wants to be set free
Depression is the comfort of happy pills breaking down in my stomach three times daily
Depression is shriveled up and dry tearducts
Depression is loneliness despite being surrounded by love

Depression is not brought on by a sad movie
Depression is not discriminatory
Depression is not crying in the shower
Depression is not something you get when your favorite character leaves the TV show

Depression is a quivering body for unexplained reasons
Depression is calling 800-273-8255 just hoping for someone who can help
Depression is praying every night for relief from the never ending pain

Depression is not something you choose.