THE ABSOLUTE TRUE DIARY OF A
PART TIME INDIAN
The Bluest Eye

a novel by Toni Morrison
DEPRESSION

Depression is a mood disorder characterized by feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyable. It affects 50 percent of Americans.

Understanding
- You may experience symptoms such as lack of energy, changes in appetite, and difficulty sleeping.
- Handle stress activities such as exercise, meditation, and socializing.

www.adaa.org/finding-help
IT IS NOT DOWN IN ANY MAP
TRUE PLACES NEVER ARE
Let's dive a little deeper into the history that's shaped skateboarding today.
"You could hear them coming from a half-block away. Clickety-clack, clickety-clack, rolling down the sidewalk, redding that shinybury hose..."
IT IS NOT DOWN IN ANY MAP.
TRUE PLACES NEVER ARE.