

Depression and Eleanor Wilson

Eleanor Wilson was a struggling actress back in the 1940's who wanted nothing more than to be a star. She auditioned for every part no matter how small it was. She did get some bit parts, but never landed the role that would put her name in lights. The lack of success in her career made her frustrated, angry and finally depressed. For her, life was as good as it was going to get. One day Eleanor trudged up the stairs to the roof of a 40 story building in New York City and stepped off falling to her death. Eleanor died thinking that her depression would last forever. She was wrong. Two days later her agent received a phone call from a huge motion picture production company. The studio wanted her to take the lead role in what would have been a major motion picture. When the agent received the script, he was shocked at what he read. You see, the role Eleanor would have played was that of a woman who was so depressed about her life that she walked up the stairs to the roof of a building in New York City and stepped off falling to her death.

There is no doubt that if Eleanor had sought the help she needed, she would have been the star she always wanted to be.

The message from of this true story is simple:

Things DO get better in life if you do two things:

1. **Get the help you need** for your depression.
2. **Stick around** to see the results.

Need help with depression? Don't wait. Go talk to your parents, counselor, friends, neighbor, anyone you feel comfortable and who you can trust. People your age do it **all the time**.

Want to stay anonymous?

Call any of the **HELP LINES** on the choicesforteens.com website.

Related books

on

choicesforteens.com:

—*On the Corner of
Archer St. and Bayview Ave.*

—*The Blame Game*

—*The Search for Shelby*

—*Understanding the Ultimate Choice*

—*Ten Reasons Why I Believe in Jesus Christ*
