



Turning Darkness Into Light: Inspiring Lessons After a Near-Suicide

S. L. Young

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Trying times are an unfortunate part of life. Sometimes, these moments don't last long, can be dealt with easily, or might be something that becomes an overwhelming burden. The reasons that some individuals cope better with mental health challenges than others doesn't need to be reduced to questions about someone's personal strength or mental fortitude; instead, considerations should be focused on the source(s), impact, and treatment options that might prevent someone who is depressed from getting worse or taking their life. The material detailed herein includes bold, candid, and powerful information from an individual's journey to battle depression, recover after a near-suicide, and raise awareness about mental health. Depression isn't a topic that someone should learn about once their affected or effected by a bona fide health issue that has too many negative stigmas associated to it. It's time to stop being silent about depression and mental health challenges as "quiet" conversations that can't be openly discussed; instead, let's start to have open, honest, and life changing conversations that save lives. This is a must read book for anyone who is affected by depression, has suicidal-thoughts, wants to learn more about this topic, or wants to have an opportunity to save someone's life, which includes their own.

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