

Rodolfo Palma-Luli3n

“What were the first symptoms of depression?”

I just felt terrible and I didn't know why it was, I didn't want to face anyone, I didn't want to talk to anyone. I didn't really want to do anything for myself because I felt so, I felt like I was such an awful person that there was no real reason for me to do anything for myself.

“Describe how you felt.”

I just didn't feel any emotions, I just couldn't feel. my real feeling was just pure numbness, I just couldn't feel sad, I couldn't really feel happy, um, it was almost like I was under water with like my eyes and my ears all shut off and I was just there.

“How did depression affect you at school?”

I didn't read a book, I barely went to class. I just couldn't wake up in time for class. If I had class at two, I'd sleep till three. So whatever I did, I just didn't do it.

“How did the depression affect your sleep?”

Sometimes I'd sleep like only three hours a night cause I couldn't sleep for weeks, but most of the time the opposite happened where I would sleep ten, twelve, fifteen hours a day even.

“Did being Latino make a difference?”

Yeah, I totally think that being a Latino made it harder. Um, my brother, my little brother went through depression before me, I'm pretty sure and we never even really talked about it because there's a silence over things, there's just things you don't talk about. And um, when I told my parents I had depression, I was like look Mom, I'm depressed, you know I can't deal with things anymore, I don't think I can finish school. My mom was like you're not depressed! Your brother went through, through a period, you know what? You're gonna get over. You just got to be strong, you just gotta finish school and you gotta do this.