Lockdown, quarantine..these were words which were literally far off in our vocabulary. But in todays times..it is the mantra for now.

During these difficult times, there has been a substantial rise in mental health challenges too. People are isolated, less or no support system, no option of stepping out to clear the head..all these factors have adversely impacted many a life. People who have been struggling with mental health issues like depression, panic attacks, anxiety attacks suddenly find themselves in the deep end of the pool..with no lifeguard nearby. With no support system there to pull you back, unfortunately some people end up resorting to the use of prescription drugs, substance abuse..and even when that brings no solace or relief..then suicide.

There are so many people out there battling daily to live to see another day and it is only when a prominent personality falls prey to such an end does it come to light.

This only serves to highlight the fact that a support system and open communication is so very important. Bottling up feelings, hiding away bruises and scars- both physical and emotional is not the answer. Facing them, trying to resolve them is what we should be telling ourselves to do. Always remember, you are not alone out there. Your story may be the story of a million people out there. Have the courage to tell and who knows..you may get support from the far corners of the earth.