GIVING VOICE TO
Depression
AB KORKOR FOUNDATION | FOR MENTAL HEALTH

MENTAL ILLNESS AWARENESS WEEK

OCTOBER 3-9, 2021

AB KORKOR FOUNDATION | FOR MENTAL HEALTH

to be best in
point of view.
Depression
state of being
sad or
mental

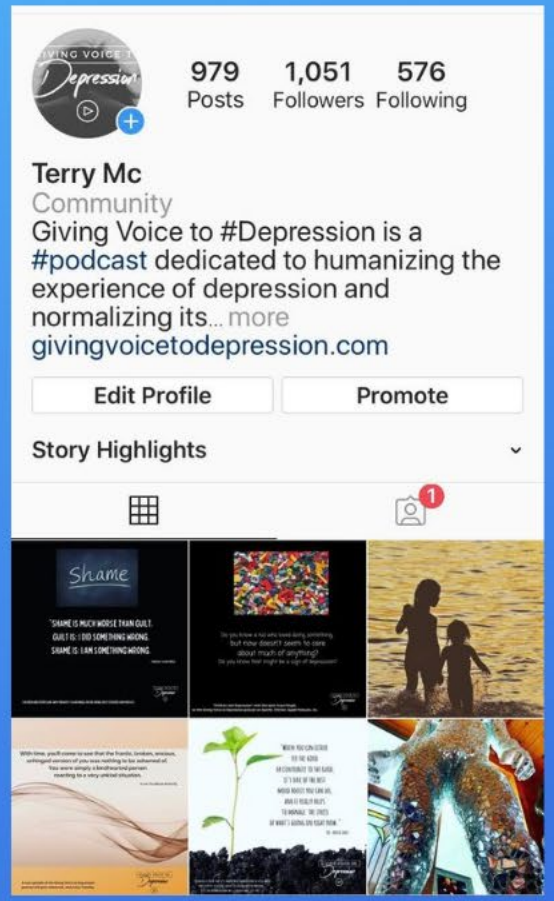
LIES

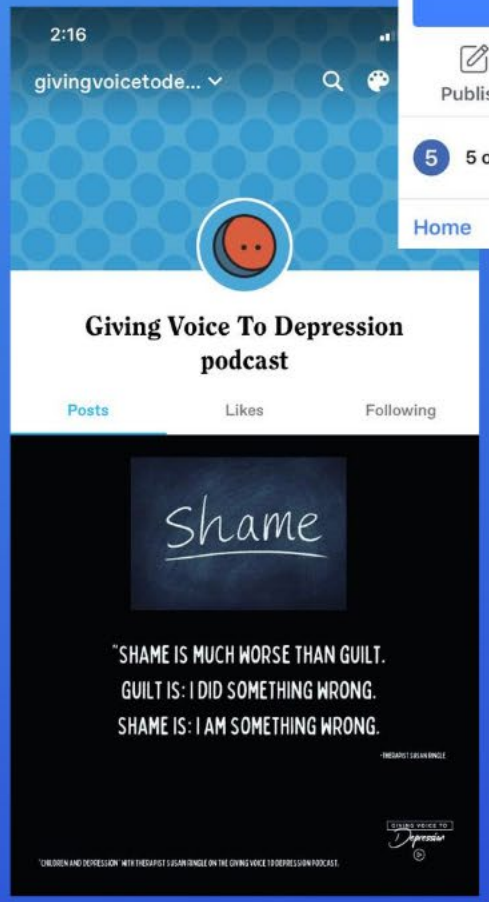
helps others combat depression

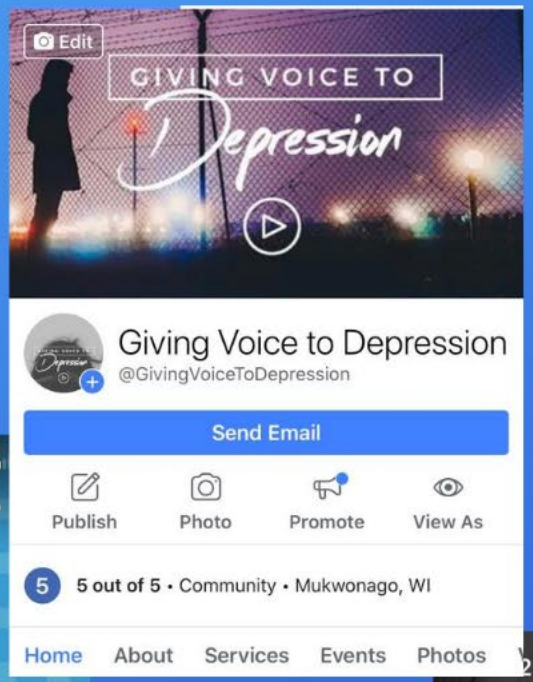
Two Sisters, One Mission

We're not therapists or experts. But we battle depression and have lost family members and friends by suicide. It's in their honor that we began this project. It is our hope and commitment to increase awareness and reduce the stigma and isolation of depression, one story at a time. These stories could truly save lives.

MEET THE CO-HOSTS


979 Posts
1,051 Followers
576 Following
Terry Mc
Community
Giving Voice to #Depression is a #podcast dedicated to humanizing the experience of depression and normalizing its... more
givingvoicetodepression.com
Edit Profile
Promote
Story Highlights
Shame


2:16
givingvoicetode...
Giving Voice To Depression podcast
Posts
Likes
Following
Shame
"SHAME IS MUCH WORSE THAN GUILT.
GUILT IS: I DID SOMETHING WRONG.
SHAME IS: I AM SOMETHING WRONG.


Edit
GIVING VOICE TO
Depression
Giving Voice to Depression
@GivingVoiceToDepression
Send Email
Publish
Photo
Promote
View As
5 out of 5 • Community • Mukwonago, WI
Home
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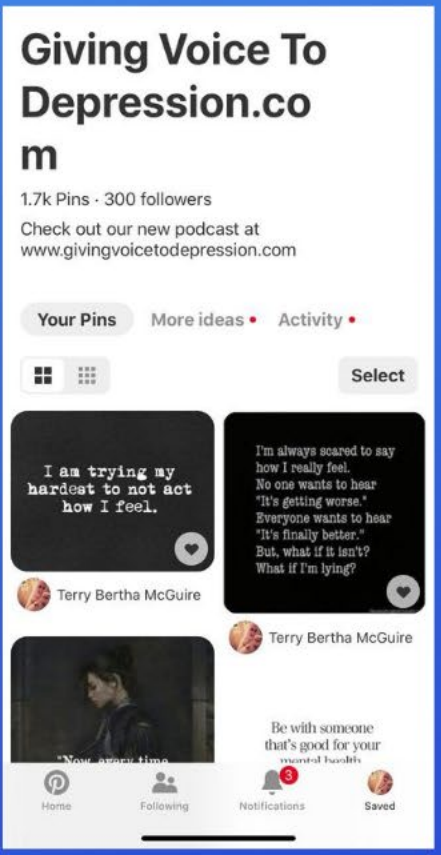
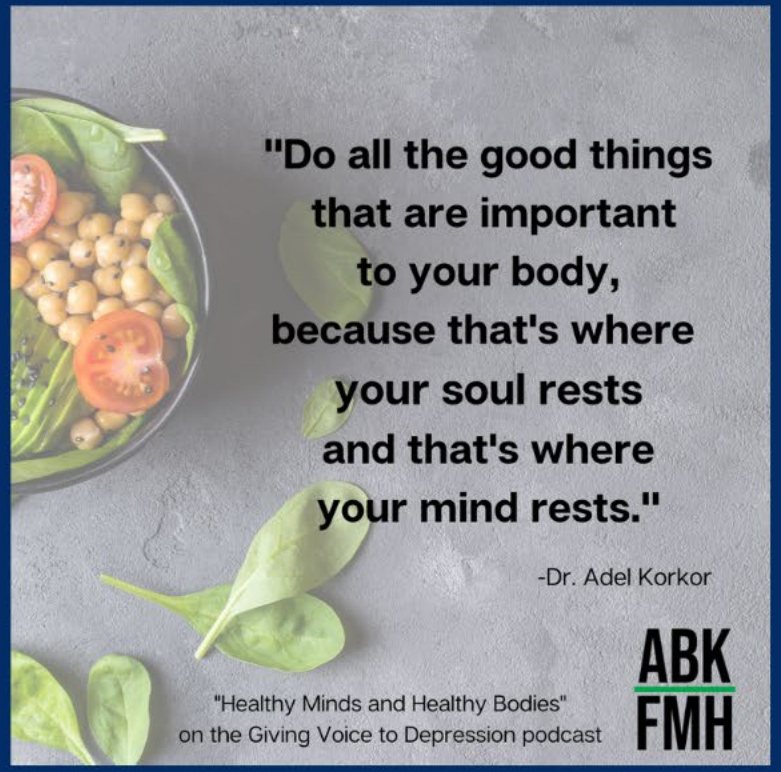
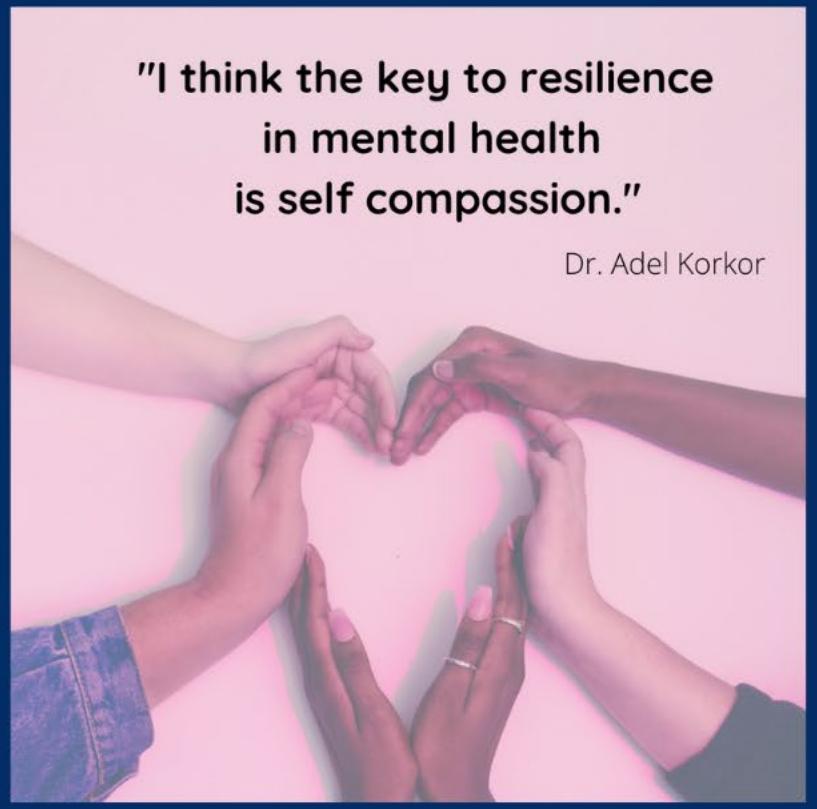
Events
Photos

hear our stories
Check out our growing podcast gallery & forum.
Edit profile
Giving Voice to Depression Podcast
@VoiceDepression
Creator/Producer/co-host of Giving Voice to Depression podcast . Reducing stigma one intimate, shared story at a time.
Terry@givingvoicetodepression.com
Wisconsin, USA
givingvoicetodepression.com
Joined February 2017
4,996 Following
4,043 Followers


Giving Voice To Depression.com
1.7k Pins · 300 followers
Check out our new podcast at www.givingvoicetodepression.com
Your Pins
More ideas
Activity
Select
I am trying my hardest to not act how I feel.
I'm always scared to say how I really feel.
No one wants to hear "It's getting worse."
Everyone wants to hear "It's finally better."
But, what if it isn't?
What if I'm lying?
Terry Bertha McGuire
Terry Bertha McGuire
Home
Following
Notifications
Saved

"Taking care
of your body and mind
is a big investment
that pays enormously
in the long run."
-Dr. Adel Korkor
ABK
FMH
Healthy Minds and Healthy Bodies,
on the GIving Voice to Depression podcast


"Do all the good things
that are important
to your body,
because that's where
your soul rests
and that's where
your mind rests."
-Dr. Adel Korkor
"Healthy Minds and Healthy Bodies"
on the Giving Voice to Depression podcast
ABK
FMH


"I think the key to resilience
in mental health
is self compassion."
Dr. Adel Korkor

Giving Voice to Depression

Terry | Home | Create

Page | Ad Centre 2 | Inbox 20+ | Resou... | Creator Studio | Notifications 3 | More | Edit Page Info | Settings | Help

Giving Voice to Depression

@GivingVoiceToDepression

Home
About
Services
Events
Photos
Videos
Community
Reviews
Posts

Promote
Visit Ad Centre

Liked | Following | Share | ...

Send Email

Create | Live | Event | Offer | Job

Create post

Write a post...

COVID-19 up... | Photo/Video | Get messages | ...

3 Scheduled Posts
Next post scheduled for tomorrow at 07:07. See posts.

Boost an Instagram post
Reach more people and get more

Reach people nearby
Set your location and reach customers

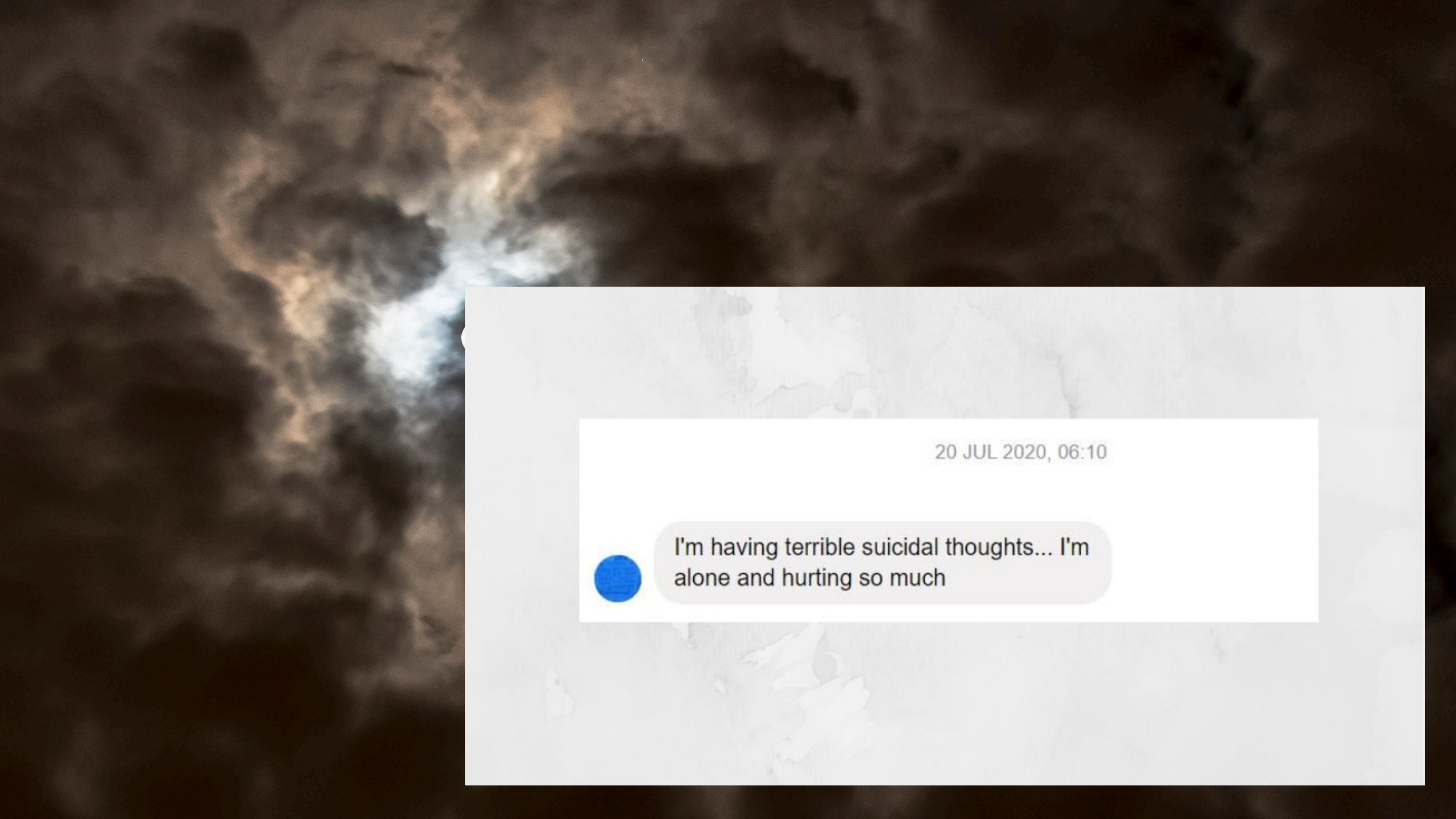
5.0 5 out of 5 · Based on the opinion of 41 people

Our Story

The Giving Voice to Depression podcast features engaging, short, personal stories about what depress...

See more

100% response rate, 1 hour response time
Respond faster to turn on the badge


20 JUL 2020, 06:10
I'm having terrible suicidal thoughts... I'm alone and hurting so much

This just-released list of the top-60 depression podcasts to follow, ranks Giving Voice to Depression FIRST! ❤️

BLOG.FEEDSPOT.COM

Top 60 Depression Podcasts You Must Follow in 2021

Best Depression Podcasts. This list includes podcasts on Depression...

Top 60 Depression Podcasts You Must Follow in 2021

Last Updated Apr 5, 2021

Contents [show] · About this list & ranking

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Depression Podcasts

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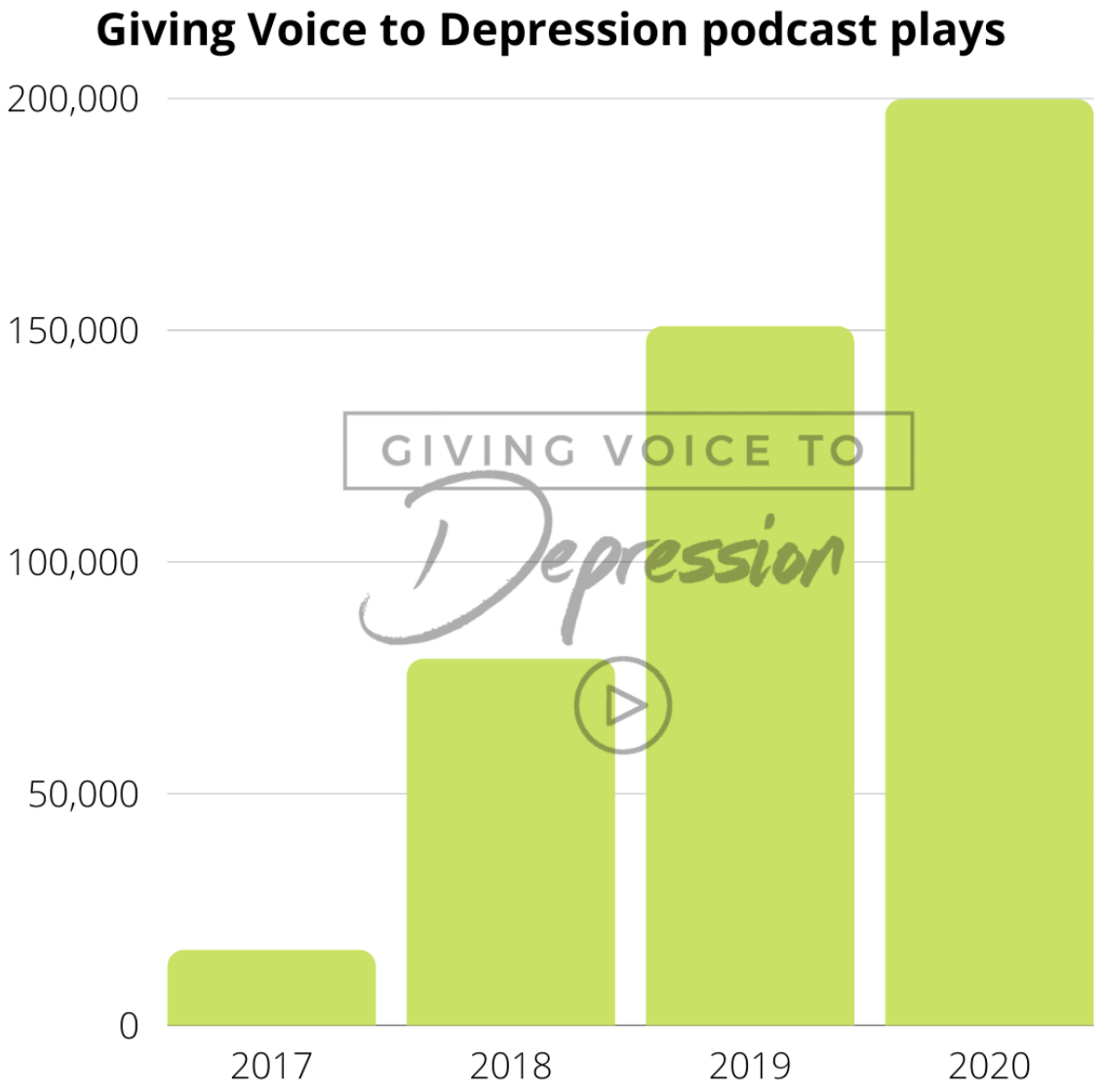
1. Giving Voice to Depression

Wisconsin, United States

About Podcast Depression affects more than 300,000,000 worldwide. So basically, if you don't have it yourself, you know someone who does. Giving Voice to Depression was founded to start discussions that reduce stigma and promote understanding. We look at depression from many angles. The episodes are informative and hopeful and seldom depressing. It's time to shine some light on depression's darkness! Join us.

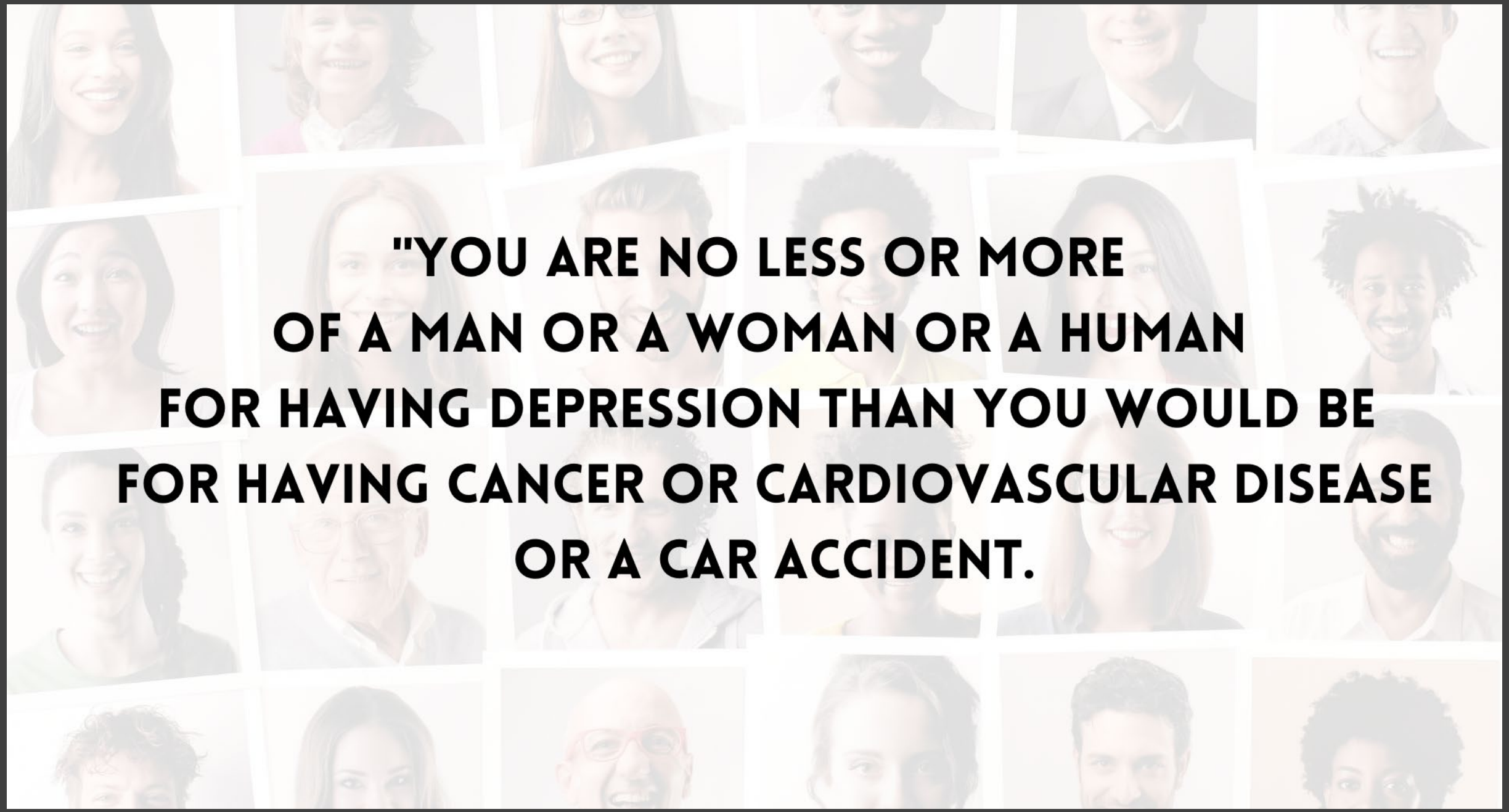

Giving Voice to Depression podcast plays
200,000
150,000
100,000
50,000
0
2017
2018
2019
2020
GIVING VOICE TO
Depression

United States	428K
Canada	32.7K
United Kingdom	27.5K
Australia	19.9K
Germany	9,138
Netherlands	3,891
Singapore	3,838
South Africa	3,668
Brazil	3,330
Ireland	3,268
United Arab Emirates	
New Zealand	
France	
India	
Philippines	
Sweden	
Denmark	
Russian Federation	
Spain	
Switzerland	
Saudi Arabia	
Mexico	
Japan	
Ecuador	
Czech Republic	
Italy	
Israel	
Republic of Korea	
Malaysia	
Belgium	
Serbia	
Bangladesh	
Norway	
Viet Nam	
Thailand	
Argentina	
Indonesia	
Poland	
Egypt	
Austria	
Taiwan, Province of China	
Romania	
Pakistan	
Hong Kong	
Ukraine	
Estonia	
Montenegro	
Nigeria	
Colombia	
Guatemala	

You are not alone.

Mental-health challenges can be managed and treated.

Recovery is possible.


"YOU ARE NO LESS OR MORE
OF A MAN OR A WOMAN OR A HUMAN
FOR HAVING DEPRESSION THAN YOU WOULD BE
FOR HAVING CANCER OR CARDIOVASCULAR DISEASE
OR A CAR ACCIDENT.

WHAT SHOULD WE DO?

TALK.

LISTEN.

ENCOURAGE TALKING.

ENCOURAGE LISTENING.

KEEP ADDING TO THE CONVERSATION."

-MATT HAIG

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Depression
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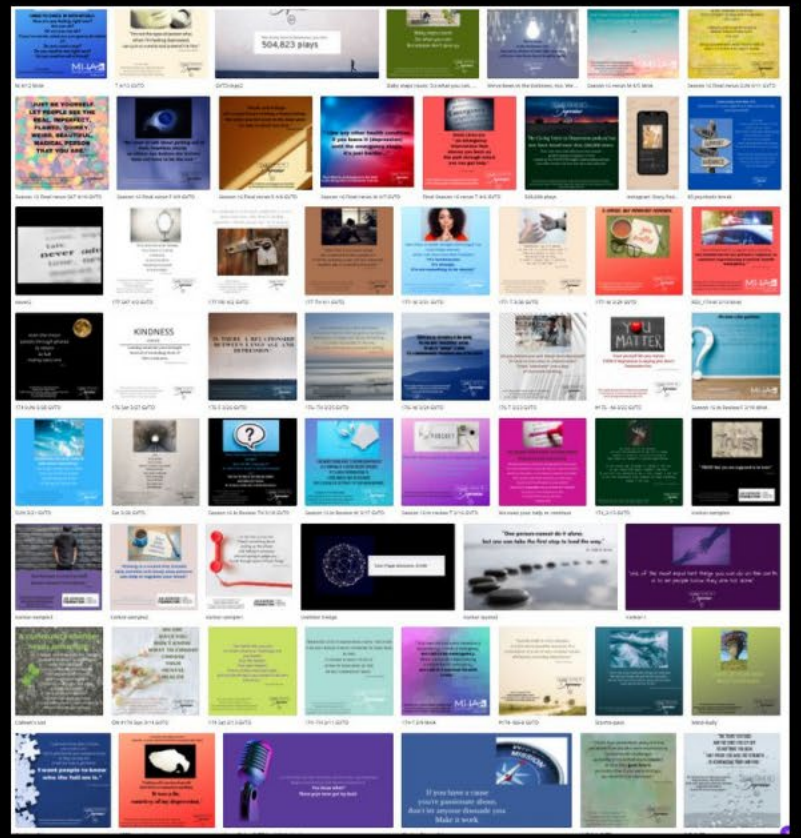
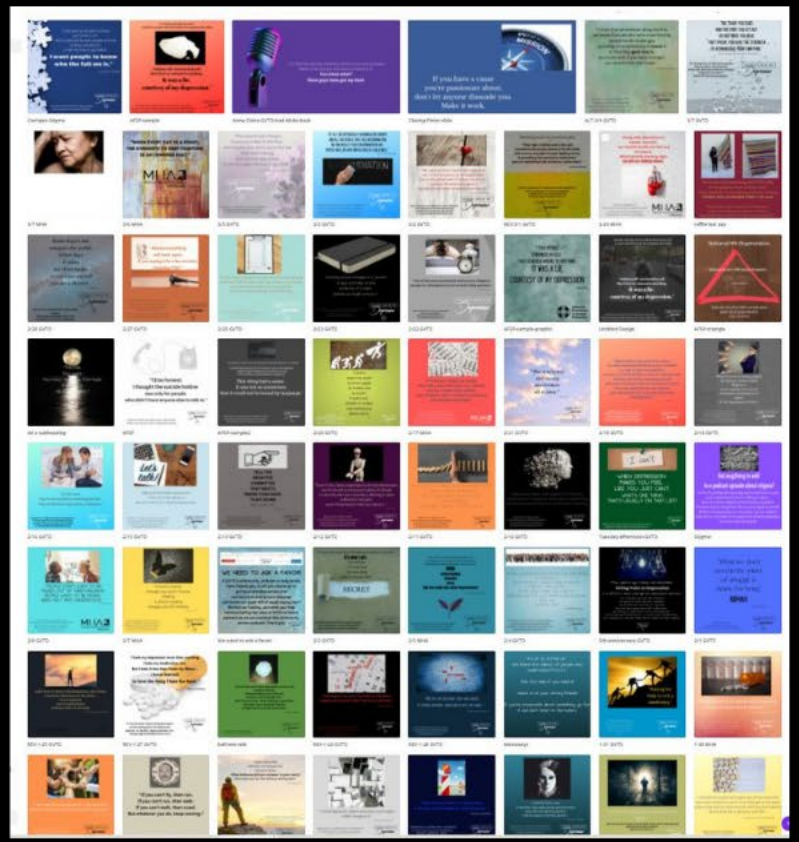
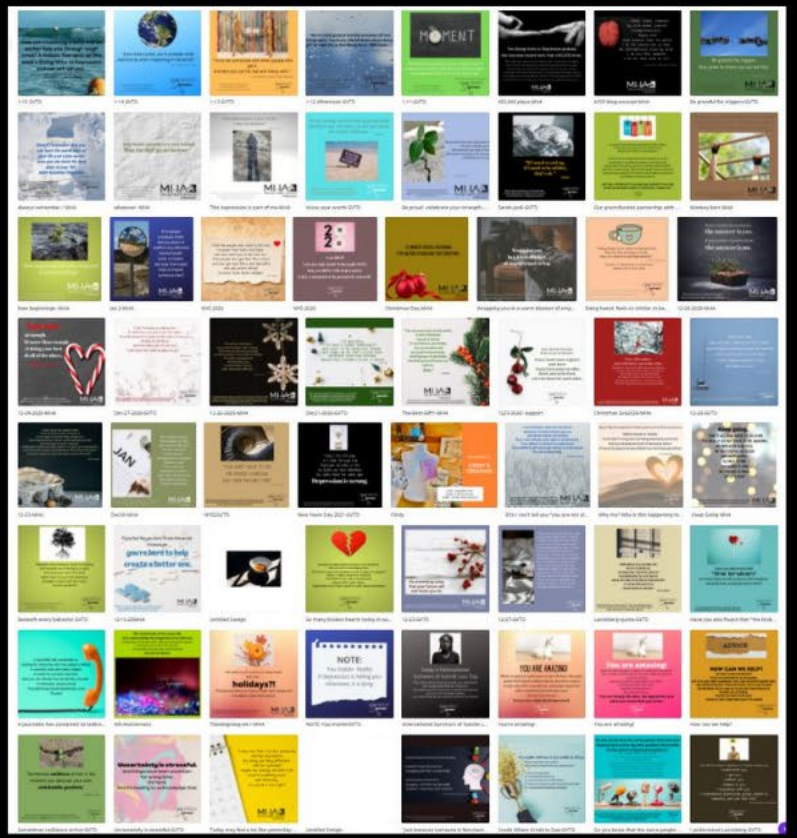

504,823 plays
KINDNESS
YOU MATTER




MOMENT
NOTE:
YOU ARE AMAZING