

I was struggling with anxiety and depression. Since I had depression it was very hard to get motivated to do anything.

I felt like what was the point of doing anything if I knew I was gonna fail. For awhile I was doing pretty good and got quite a bit of work done.

My mom was at school just about everyday, so when I needed help I would e-mail my teacher but everytime they would explain it I would just get more confused, so I would give up. Sometimes I still get depressed, but when I am kept busy such as doing swim it makes me happy. I am trying very hard to keep my grades up so I can graduate on time.

Thank you for your consideration,
Lauren Glass