

Mayo Clinic News Network  
Ruth's Journey with Depression

Intro: Major depression is very common. Thousands suffer the sadness, loss of interest and hopelessness associated with the disease. So why aren't more people talking about it? That's what the woman you're about to meet wants to know. She nearly lost her life to depression, but she survived. And she wants everyone to hear that even when things seem very dark, there is hope. Ruth is living proof that treatment works.

Video	Audio
<b>VO: Ruth walking with friends</b>	A walk with neighborhood friends. Ruth Tibesar loves this time of sharing stories. But not long ago, depression silenced her.
<b>Ruth Tibesar (7:02) Has depression</b>	"No one talks about it. And I'm ready to talk."
<b>Voice of Vivien Williams VO: Ruth with friends/at conference</b>	Ruth says talking about depression, with friends, family and to the public will help those who suffer from it survive.
<b>Ruth Tibesar (4:05)</b>	"To educate families, counselors, loved ones."
<b>Voice of Vivien Williams VO: Ruth at home</b>	Before Ruth reached out for help, depression controlled every aspect of her life. Even gardening, one of her true passions wasn't fun anymore.
<b>Ruth Tibesar (00:50/1:05)</b>	"I just went through the motions. All of a sudden I realized I was numb. I didn't feel like anything and I didn't think anybody cared. Then I started to plan my suicide."
<b>Voice of Vivien Williams</b>	Luckily she reached out for help. Her team at Mayo Clinic helped guide her through successful treatment.
<b>Ruth Tibesar (2:34)</b>	"Now it was up to me to step up to the plate and really get to know my feelings and know when I'm getting sick and if I need help."
<b>Voice of Vivien Williams</b>	Because for Ruth, bouts of depression still

<b>VO: Ruth at home</b>	happen. But now she has the tools to help keep it in check: Her garden, family, friends, her medical team at Mayo Clinic and the knowledge that talking about it makes things better. Ruth says she's a living example of how you can break free from depression.
<b>Ruth Tibesar (6:00)</b>	"You can do it. Even when you're struggling, you can get by and enjoy the day and enjoy your life."
	For the Mayo Clinic News Network, I'm Vivien Williams.

Anchor tag:

Ruth encourages anyone suffering from symptoms of depression to talk to their health care provider. Because treatment can help.

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