



Shades of Blue: Writers on Depression, Suicide, and Feeling Blue

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The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, and hope for all those who have struggled with depression.

Contributors to *Shades of Blue* include:

- Barbara Abercrombie
- Sherry Amatenstein
- Regina Anavy
- Chloe Caldwell
- Jimmy Camp
- Debra LoGuercio DeAngelo
- Marika Rosenthal Delan
- Hollye Dexter
- Beverly Donofrio
- Beth Bornstein Dunnington
- Matt Ebert
- Betsy Graziani Fasbinder
- Zoe FitzGerald Carter
- Pam L. Houston
- David Lacy
- Patti Linsky
- Mark S. King
- Caroline Leavitt
- Karen Lynch
- Lira Maywood
- C.O. Moed
- Mark Morgan
- Linda Joy Myers
- Christine Kehl O'Hagan
- Jennifer Pastiloff
- Ruth Pennebaker
- Angela M. Giles Patel
- Alexa Rosalsky
- Elizabeth Rosner
- Kathryn Rountree
- Kitty Sheehan
- Jenna Stone
- judywhite
- Samantha White

Shades of Blue brings the conversation around depression and sadness into the open with real, first-hand accounts of depression and mental health issues, offering empathy to all those who have been affected by these issues.

It's time to scream out loud against this silent annihilator: We are not alone.

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Charles Trask:

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Nelson Berg:

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Frank Arnett:

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