

My name is Dilmaya.

I realised about my mental health issues when I developed depression at the age of 13.



Dilmaya
now aged 18.

My classmates feared that they may also have fits if they sit together with me in the classroom. This made me depressed and that's why I was forced to drop out while studying in grade nine.

I had some friends but because of my condition they don't want to be friends any more.

My teachers also kept telling me that there is gap in my study as I get sick regularly.

Because of my depression, I used to have suicidal thoughts. I attempted it a couple of times but my uncle saved me. I used to have these thoughts continuously.

A neighbour consoled me by saying why would I want to die in this young age. 'You are such a beautiful girl, why do you want to take your life?' they would tell me. My uncle also said the same thing.

I don't have these thoughts these days and I haven't done this lately. I want to live.

I still want to go to school but I don't have friends now. This worries me these days. I love to study. I want to go back to school and get a job in the future, but I get panicked because I don't have any friends, and I am nervous to go to school alone.

If I had friends, I could go to school while talking to them. I can't share about my nervousness with anyone else except my mum.

I feel comfortable with her. I help in household chores like sweeping, fetching water and making roti in the evening.

Currently I'm getting regular check-ups. Durga, from cbm, visits me regularly and we talk about my issues. I feel good while talking to her.

Thanks to the support I have received, I have hope for my future.

-Dilmaya