

# What to do about depression

**Dear Annie:** I suffer from terrible depression. My doctor has me on antidepressants and suggested that I seek therapy. However, I walked out on therapy because I felt that it was not for me and that it didn't help me at all.

I have no friends, so having anybody to talk to about what I'm going through is difficult. When I attempted to discuss my depression with family, they repeatedly told me it was just in my head and I simply needed to get ahold of myself.

I have turned to a few minor hobbies to help distract me from my depression. However, with the lack of support, it can be really difficult. I do not feel valued by anyone. I have contemplated suicide, thinking that would wake people up enough to realize how I feel. What do I do? — *Blue Water*

**Dear Blue:** Please reconsider therapy. It sounds as if you gave up too quickly. You want someone to talk to? Who will listen when you pour out your worries and fears? Who will be a means of emotional support? This is what a therapist is for.

Sometimes the first therapist isn't a good fit. It takes a little time to find one you are comfortable with. And "help" doesn't always appear obvi-

## Annie's Mailbox

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ous until you've been in therapy for a little while. We are glad you are taking appropriate medication. Now it's time to take additional responsibility by following your doctor's instructions to seek therapy. Please ask for another referral. We promise it will help. And if you are contemplating suicide, you can speak to someone immediately at the National Suicide Prevention Hotline (suicidepreventionhotline.org) at 1-800-273-8255.

**Dear Annie:** As an only child, I have the task of caring for my elderly mother. I am in my late 50s, and Mom is in her 80s. I have three children of my own, one of whom is a young teen, and I am also a grandmother. I love my family, but there is only one of me and I can't do it all. I'd like to offer some advice for parents who are lucky enough to have someone living close by who can help with their daily needs:

Please write down what you need. I will invariably walk in the door with several bags of groceries, only to have you tell me that you forgot to mention that you also need eggs or milk.

I have no problem doing your laundry, but please, if I say you need to throw away an old piece of clothing, trust me enough to agree. When I say you need a bath, believe it. All the denial in the world will not change how often you need to shower. Please wear your incontinence pads and change them frequently.

I am more than willing to do a lot for you, because I love you. But I will not bathe you or give you a pedicure. When you find that you cannot do these things adequately, please hire someone. You can afford it. For those who cannot, Medicare often can provide help for some of these services. It will make me less stressed.

I, too, am getting older and my husband is ill. My body aches and I'm in physiotherapy. Please listen with your heart. — *Your Loving Daughter*

**Dear Daughter:** Your suggestions are good, but please consider that Mom may need more help than you realize. It might be time to look into assisted-living options or live-in caregivers.

# Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** Making money has more to do with finding a niche and working it than it does to any kind of luck right now. This will start with a special interest. There's something very specific you're wonderful at.

**TAURUS (April 20-May 20).** Everyone falls into ruts from time to time. If you're no longer going forward, look for something that will help you lever yourself up, out, and onto a path that allows for greater ease of movement.

**GEMINI (May 21-June 21).** What you're in love with at the moment may not be a person at all. This feeling you have makes everything outside it less important, including issues or problems.

**CANCER (June 22-July 22).** Savoir-faire will move you along a career path, give you standing in a social group or position you in a family circle. Acts of diplomacy will advance your interests faster than any aggressive play could.

**LEO (July 23-Aug. 22).** With the introduction of a new person to your circle, a subtle new enthusiasm will take hold. Where you were having negative and neutral thoughts, only powerfully positive feelings will remain.

**VIRGO (Aug. 23-Sept. 22).** Breath is the anchor to life. Your breathing has a story to tell you. What makes you catch your breath? What makes you hold it? When is it deeper? What makes you exhale? Awareness of breath is awareness of life.

**LIBRA (Sept. 23-Oct. 23).** You're the real deal, walking your talk every day. Since you're always ready to meet and impress powerful people who can help you achieve your aims, it would be impossible for a networking op-

portunity to catch you by surprise. **SCORPIO (Oct. 24-Nov. 21).** Do you get the subtle feeling that being around a certain someone makes you a better person? This isn't in your head. There's an energy bump that comes with this person's nearness, and you're making the most of it.

**SAGITTARIUS (Nov. 22-Dec. 21).** You've kept your word and should not accept anything less than integrity from those around you. Love is a risk. You're not going to take risks around people if you don't trust them.

**CAPRICORN (Dec. 22-Jan. 19).** There's trouble that pains you and then there's trouble you enjoy. You're ready for a little of both and it will come all wrapped in the same venture. Of course, you wouldn't even attempt this is the prize wasn't worth it.

**AQUARIUS (Jan. 20-Feb. 18).** When you turn away from the external goings-on and journey inside yourself, you won't be alone, as there are worlds inside of you, too — some even more compelling than the one you're experiencing on the outside.

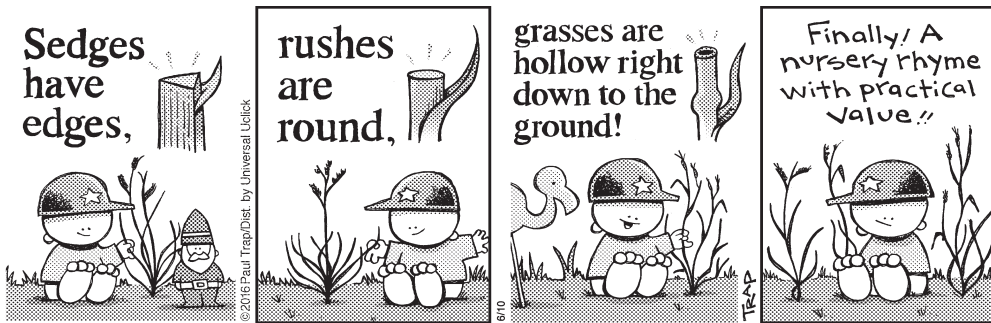
**PISCES (Feb. 19-March 20).** Not all of the offers are excellent now. There are some opportunities you simply can't get excited about, and it's acceptable to leave those on the table for someone else to take advantage of.

**SATURDAY'S BIRTHDAY (June 11).** Your intuition feeds you a constant flow of legitimate information. Some of it doesn't make sense — the intuition can be irrational and figurative — and that doesn't make it inaccurate. Even if your only reason for saying "no" to someone is that you don't feel right about "yes," it's reason enough. Scorpio and Capricorn adore you. Your lucky numbers are: 7, 20, 1, 13 and 17.

## FRANK AND ERNEST



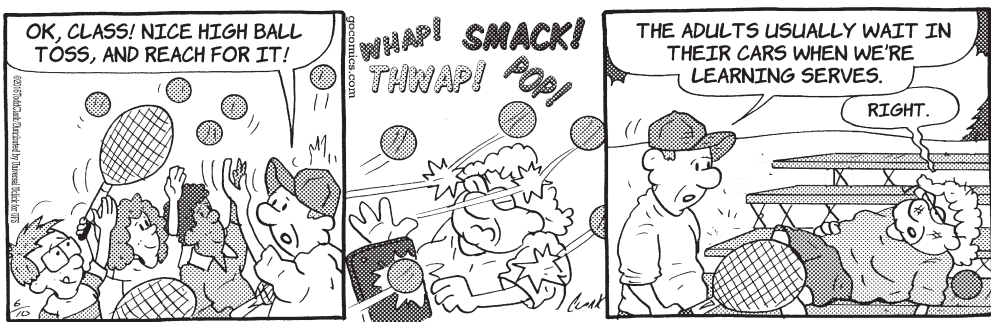
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## PHOEBE AND HER UNICORN



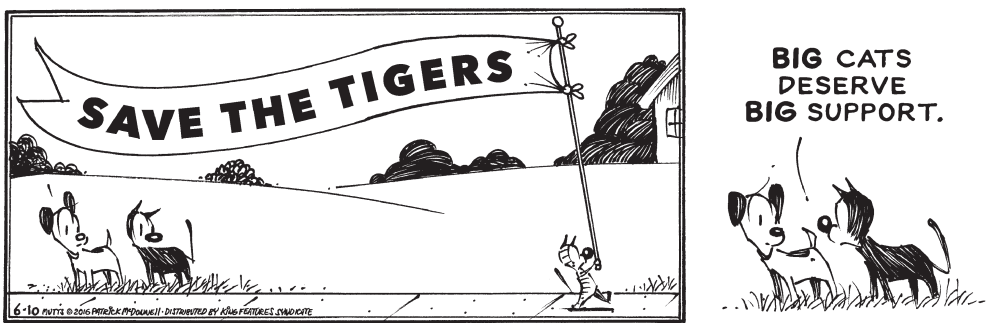
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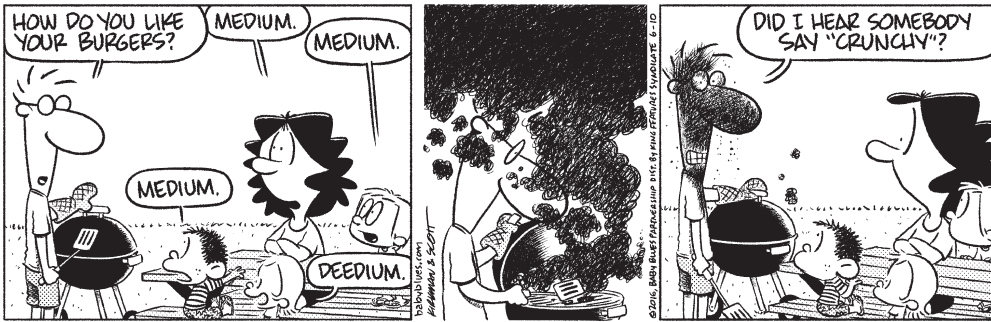
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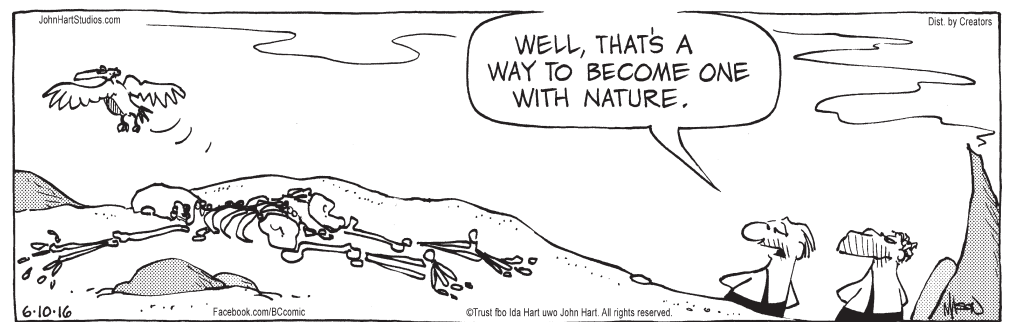
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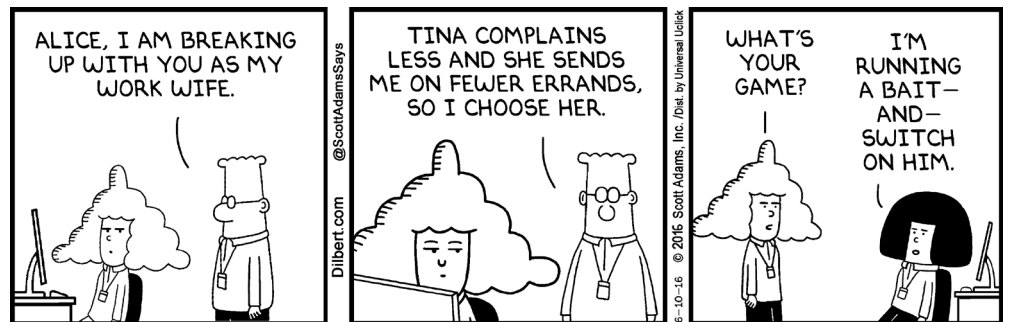
## SALLY FORTH



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## DILBERT



## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

