

5th World DEPRESSION CONGRESS

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My Experience with Depression and Alcoholism

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INTRODUCTION

Having personal Experience battling Depression and Alcoholism for around 4 years. I look to share my experience, my darkest days, the effect on the soul, body and mind that Depression causes. I look to share how I pulled myself from the dark back into the light, I will explain the relationship between depression and alcoholism. In order to help and support those suffering we must have a better understanding of depression. We can lose limbs, there are prosthetics for that, there is no prosthetic for a lost soul. I hope my talk will allow us to move forward with a new understanding of depression in order to help us change the world one life at a time.

Biography

Ryan Lee Armstrong was born with a rare medical condition resulting in over 15 operations and more than half of his bowels removed. In his late teens and early twenties Ryan battled against mental health and alcoholism. Ryan pulled himself from the dark and it is now his sole purpose in life to help other suffering in their own lives. We are in control. Our lives are on us. It always will be.

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