

Something very different today.

I have suffered from anxiety and depression for as long as I can remember. This video is an attempt to demonstrate what it is like when “the voices in your head” start to get too loud. I have worked with my daughter, who also suffers from anxiety, to try and produce something that matches our experiences. The feeling of being useless or worthless and helpless can be overwhelming.

You need headphones for this to be in any way effective. I am looking to build a game based on this video. Is there anyone out there who would be willing to build a very short game in unity for free based on this?

If you think you need help, or if you know someone who you think does, talk about it. There is help out there.

In the UK start here: <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

In the US try here: <https://www.mentalhealthamerica.net/finding-help>.

---

*Also published on [Medium](#).*

Please wait...