
Shadows - Pokerdeck

A Brief Background

To capture depression in an image is a very impossible thing. Depression itself is so individualized that all you can hope for is a close attempt. Over 100 different designs and months of work have brought us here. It was a very long and frustrating process but at long last, we landed here. A design that brings awareness to your shadow.

This is **Shadows: Depression Awareness Deck**. Designed for the Cardists, Collectors, Gamblers, and Magicians. Art by Dane Valnes and concept by Jordan Whitehead. This deck will be printed by Hanson Chien (HCPC.). This project is meant to bring awareness to Depression and Suicide Prevention.

Depression is not easily defined. It is a unique experience for each individual. But, symptoms of depression can include but are not limited to; *"Feeling sad or having a depressed mood, loss of interest or pleasure in activities once enjoyed, changes in appetite - weight loss or gain unrelated to dieting, trouble sleeping or sleeping too much, loss of energy or increased fatigue, feeling worthless or guilty, difficulty thinking, concentrating or making decisions or thoughts of death or suicide."*

- **Psychiarty.org**

The National Suicide Prevention Lifeline number is: 800-273-8255 (for the USA)

There is hope and there is help. You are not alone. Reach out. Now! It's finally time to get to the cards!