

Somebody ask, “Yuh good?” But did they wait for the answer?

A useful conversation does not need a perfect speech. It needs time, attention and room for an honest answer.

FIND US ONLINE

www.yaadiechronicles.com

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“Yuh good?” is a question. Listening is what comes next.

In Jamaica, we can ask after somebody and still be halfway through the gate before they answer.

We know how to laugh at work, sort out the bills and check on everybody else, even when our own heads feel heavy.

Yaadie Chronicles makes room for the
part of that story we rarely tell.

The conversation is ours to have. Nobody should have to earn the right to be heard.



INTRODUCTION / 001

Who We Are

A Jamaican space for the conversations we
usually carry in silence.

YAADIE CHRONICLES • FREE PUBLICATION

Born from a need to be heard.

Yaadie Chronicles grew out of founder Shelly-Ann Shaw's lived experience of depression and her determination to make difficult conversations easier to begin.

Connected to The Depression Chronicles, founded in 2017, Yaadie brings that commitment into familiar Jamaican and Caribbean settings: the family yard, the workplace, the church, the friendship group, and the everyday spaces where people are often expected to just carry on.

Our belief: People should be able to talk about depression without losing their dignity, their culture, or their sense of belonging.

Stories people recognise. Conversations we can actually have.

TELL THE STORIES

Everyday experiences, family conversations and lived realities that too often stay hidden.

SHARE USEFUL KNOWLEDGE

Accessible mental-health education, creative publications and practical resources.

START BETTER CONVERSATIONS

Community engagement, advocacy and discussions that challenge shame and stigma.

CONNECT THE WORK

A Jamaican and Caribbean perspective alongside the wider work of The Depression Chronicles.

No one should have to earn the right to be heard.

Educational information, not a substitute for individual professional care.

For the ones who keep saying, "Mi alright."

For the person who keeps showing up while struggling inside. For the relative who wants to help but nuh know wah fi seh. For the friend who mistakes silence for attitude. For the young person who hears, "Yuh too young fi stress."

And for anyone ready to question the things we have been taught about depression, strength, family and asking for help.

"Mi deh yah." And mean it.

When a friend says, "Mi deh yah," they are offering to stay, listen or help. They are not promising to fix everything. Ask what the person needs, and follow through where you can.

JAMAICA, WITH ROOM FOR EVERY FEELING.