

NBA Star DeMar DeRozan Reveals His Battle With Depression

A tweet by the Toronto Raptors player sparks a discussion on mental health.

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Many people may feel life is wonderful for NBA all-star DeMar DeRozan, a shooting guard for the Toronto Raptors. But the athlete has admitted that he struggles with depression and anxiety, reports the [Toronto Star](#).

Recently, the 28-year-old garnered a lot of attention when he [tweeted](#), “This depression get the best of me,” a lyric from the song “Tomorrow” by rapper Kevin Gates. DeRozan made the statement on Twitter during the same weekend that he was scheduled to play in the 2018 NBA All-Star Game.

“It’s one of them things that no matter how indestructible we look like we are, we’re all human at the end of the day,” he told the Toronto Star. “We all got feelings...all of that. Sometimes...it gets the best of you, where times everything in the whole world’s on top of you.”

His tweet was met with support from fans and generated more than 6,800 retweets, about 25,000 likes and 1,000-plus replies.

“I stay standoffish in a sense, in my own personal space, to be able to cope with whatever it is you’ve got to cope with,” says DeRozan. Another tactic he uses to handle mental stress is to dedicate much of his time to his family and basketball.

DeRozan grew up in Compton, California, and recalls seeing many friends he thought were doing OK become addicted to drugs and turn to alcohol to deal with their problems. (He’s a teetotaler, or a person who has never had a drink in their life.)

DeRozan said he isn’t ashamed to admit that he’s sometimes beset by depression because he understands how many people suffer from the psychological disorder. He hopes that discussing his experiences will help lessen the stigma associated with the condition. “Even if it’s just somebody [that] can look at it like, ‘He goes through it and he’s still out there being successful and doing this,’ I’m OK with that,” he said.

[Click here](#) for key points to consider before disclosing your struggles with mental health.

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