

Do you...

- ~~1: Suggest a change of location and confide in her honestly.~~
- ~~2: Test the waters and open up a little, hoping she'll understand.~~
- 3: Insist that nothing is wrong and change the subject.**
- 4: Defensively ask what she means by that.**
- 5: Notice that your hands are shaking.**

You are deeply depressed. Even activities you used to enjoy hold little or no interest for you, and you exist in a near-constant state of lethargy.

You are not currently seeing a therapist.

You are not currently taking medication for depression.

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## About This Game

Depression Quest is an interactive fiction game where you play as someone living with depression. You are given a series of everyday life events and have to attempt to manage your illness, relationships, job, and possible treatment. This game aims to show other sufferers of depression that they are not alone in their feelings, and to illustrate to people who may not understand the illness the depths of what it can do to people.

- **Over 40k words of interactive fiction.**

Playthroughs are short enough to be done in one day, but long enough for the game to have gotten it's point across.

- **About 150 unique encounters.**

Based on your depression levels, different choices open and close off to you.

- **Content generated based on your decisions.**

The choices you make have a real effect on how your playthrough turns out.

- **Multiple endings.**

See how your choices affected the game's world, and how well you've managed your depression.

- **Audio and visuals react to your depression.**

Listen as the music gets glitchier and see how much stronger the static gets. Watch the color get sucked out of how you

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see the world.

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Title: Depression Quest  
Genre: Free to Play, Indie, RPG, Simulation  
Developer:  
The Quinnspiracy, Patrick Lindsey, Isaac Schankler  
Publisher:  
The Quinnspiracy  
Release Date: 11 Aug, 2014

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English



## Depression Quest

an interactive  
(non)fiction  
about living with  
depression

by  
zoe quinn  
patrick lindsey  
isaac schankler

show menu 

Even though you love your family, you really feel like they don't know you at all sometimes and this makes them exhausting to be around on nights like this. You wish you could tell them what you are feeling. That sometimes it feels like you're lost in the woods, and that if you were to drop dead in your apartment the world wouldn't notice. You want to make her understand that more often than not, you feel like an alien, like there isn't anywhere in this world that feels like a place where you belong, and you have no idea how to fix it or what to do. You wish you could find the words so they would understand you, but you end up feeling like an outsider instead.

Instead, you decided to remove yourself from the situation and calm down. You couldn't see a resolution where attempting those things would work, and you needed a moment of space instead.

You hear a knock on the door.

Malcolm's voice comes through the door. *"Hey kiddo, you alright in there? You've been in there for a while."*

*"Yeah, I was just feeling a little sick."*

*"Well, if there's anything I can get you let me know. They're about to serve pie though, if you're feeling up to it."*

*"Yeah, I'll be out in a minute."*

Malcolm is quiet for a moment. *"Hey, just so you know... I'm really proud of you."* You hear his big footsteps walk away from the door, and you splash some water on your face before leaving to rejoin your family.



## Depression Quest

An interactive  
experience  
about living with  
depression

by  
Jesse G. Quinn  
Patrick Lindsey  
Caleb Schaeffer  
[Show Demo Here!](#)

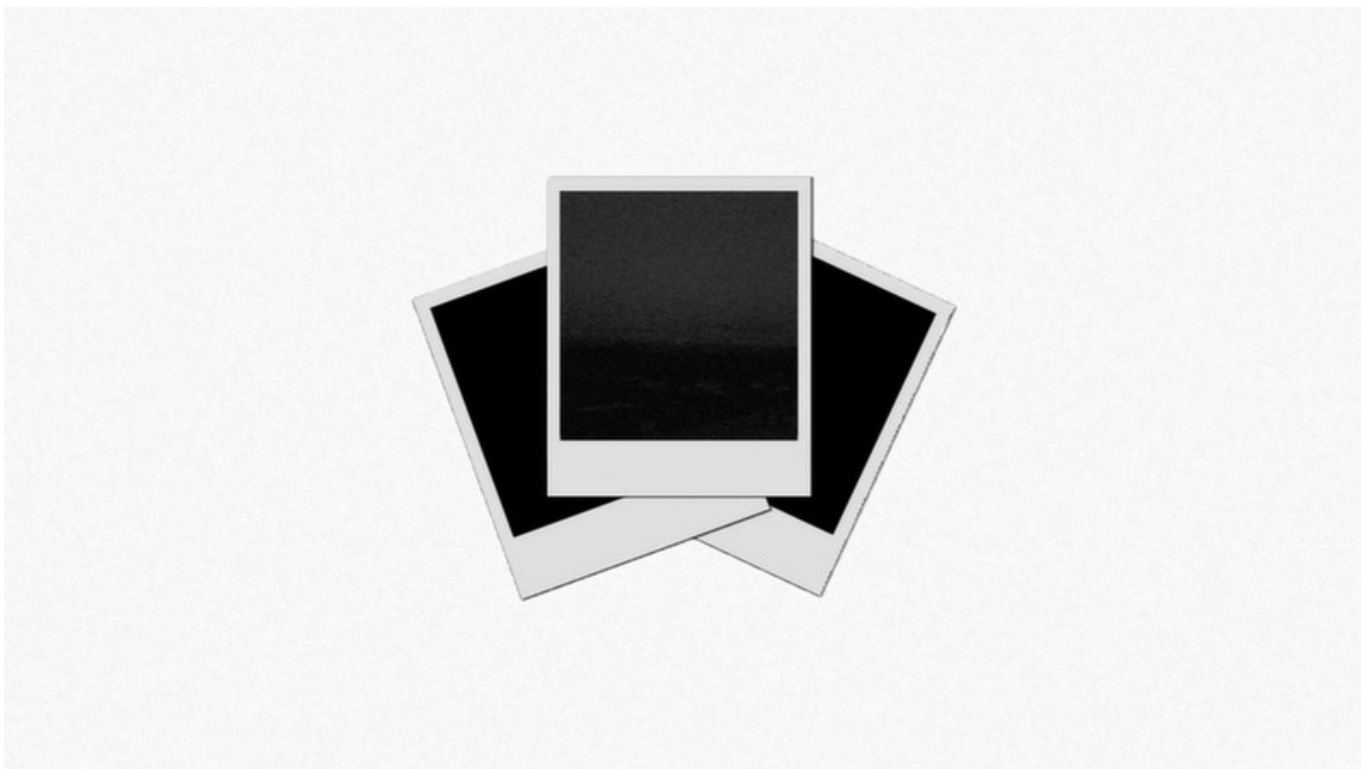
"Its amorphous character is probably most  
indescribable except as a sort of double bind in  
which any/all of the alternatives we associate  
with human agency - sitting or standing, doing or  
resting, speaking or keeping silent, living or dying -  
are not just unpleasant but utterly hostile."

- David Foster Wallace

Depression Quest is a game that deals with living with depression in a very hard way. This game is not meant to be a fun or lighthearted experience. If you are currently suffering from the blues and are easily triggered, please be aware that this game uses stark depictions of people in very dark places. If you are worried, please stop playing this game and visit [this link to talk to someone!](#)

The goal of this game is twofold: first, we want to explore as deeply as possible what depression is like, so that it may be better understood by people without depression. Hopefully this can be something to spread awareness and fight against the social stigma and misunderstandings that depressed sufferers face. Secondly, our hope is that in presenting us with a simulation of depression as possible, other sufferers will come to know that they aren't alone, and hopefully derive some measure of comfort from this.

It goes without saying that because of the very nature of depression, it is represented differently by every person who suffers from it. We aren't trying to say that this is the "best" or "most accurate" representation, merely that this is an amalgamation of the experiences of the developers and several people close to them.







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