

# Let's talk, but where?

Regarding mental health, there's always the talk about talking going around. However, no matter how many times people say that they are there to listen, it's not always that easy for the ones who are depressed. When the chips are down, more often than not, you don't really feel like "burdening" someone with your emotions. We must keep in mind that it should not be the responsibility of the ones around you to provide professional help. Recently, I've come across people who have been unhappy with their therapists mostly because confidentiality becomes a huge issue between the holy triad that consists of the patient, therapist and parent(s). Overall, there should be a joint societal effort to provide mental healthcare to a generation who are looking for answers but not finding them. Here's to the future.

– Rumman R Kalam, In-charge, SHOUT



## THIS WEEK'S HORRORSCOPE

### ARIES

Sabre-toothed cats are no more, and we are safe.



### TAURUS

My hurt, my sole, I'm sorry you had to go through this.



### GEMINI

Or maybe all you need is mutton kebab.



### CANCER

Kebabs come in different types, which one are you?



### LEO

Eggs don't go well with kebab, despite various sources citing so.



### VIRGO

Water is where life is birthed, but is it clean.



### LIBRA

Eh, this kebab has been burned, but I will enjoy it nonetheless.



### SCORPIO

Eviscerate the weaklings, who dare not devour kebab.



### SAGITTARIUS

Da noob riding across Danube, hear me.



### CAPRICORN

Never have I ever had kebab that tasted as good.



### AQUARIUS

Oh well, some days are like this, no kebab and lots of work.



### PISCES

What do you think about my new pet, cat?



## APP REVIEW



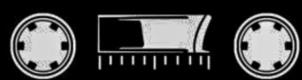
# Quick, note it down

FAISAL BIN IQBAL

Platform: Android

If you ever feel the need to note down anything but you don't have access to pen and paper, you can simply do the task with your smartphone. Adler Notes allows you to write down important notes in your smartphone and store them for as long as you want. It is free, simple and has a user interface that even kids can master.

This app can function as your personal notebook or diary. You have the option to use different colour settings as well as tags to organise your notes as per your desire. You can even take pictures to accompany your notes as well as audio recordings. You can also schedule reminders with it if you're the type who keeps forgetting about the things you need to get done. Try out this amazing app if you're someone who prefers to keep things simple and digital.



## MIXTAPE

### DYSTOPIA

PORTER ROBINSON &

MADEON

Shelter



TAME IMPALA

Apocalypse Dreams



MADONNA

Ghosttown



DyE

Fantasy



MEGADEATH

Dystopia

