

SECRET SHAME



New single, "Hide" (out February 9, 2022): <https://secretshame.fanlink.to/hide>

Words on "Hide" – from Secret Shame's Lena Machina (Trigger Warning: Drug addiction, suicide, eating disorders)

During the pandemic, I have witnessed many people with mental illness spiral downwards. For some, back when many people were getting unemployment, it was a break from the constant bustle of life and an opportunity to catch up on old hobbies you've forgotten about, or spend time with family. For many others, it has been a nightmare of isolation. Even people who don't experience mental illness can be crushed by the weight of being alone with yourself.

I've seen people who have been sober for years get thrown back into drug addiction, and people consider suicide as the only option. While my partner and I were stuck in a series of small rooms throughout 2020, I was consumed with self-hatred unlike I have ever experienced. "Hide" is about the self hatred that I have continued to experience every day since, and more specifically so, about the eating disorder I was diagnosed with in 2021.

I've gone back and forth about talking about my own mental illness so publicly, especially considering I do not fit the societal image of a person with anorexia. I didn't want to open up the possibility for more judgment and scrutiny than I've already faced in my life. And I didn't want to bring up something that could make people more depressed in a time where many people are trying to find reasons to feel okay. But if there's any possibility that my being honest about the content of our music could help somebody who's struggling, then the vulnerability and scrutiny is worth it.

If you or anyone you know is struggling with mental illness of any kind, know that your struggle is valid and you deserve to get help. You are sick enough and you are worthy enough of treatment. And you are loved. You are very loved.

SAMHSA's National Helpline 1-800-662-HELP (4357) is a 24-hour hotline for people experiencing mental crisis and substance abuse disorders. (800) 931-2237 is the hotline number for NEDA, the National Eating Disorders Association.

- Lena Machina, Secret Shame



Secret Shame is (L to R):

Matthew (he/him - bass, synths, backing vox)

Aster (she/her - guitar)

Lena (she/they - lead singer, synths, artwork)

Nathan (he/him - drums)

