

Forum:[Hack Forums](#)

Thread: [Tired of living, tired of trying..](#)

IanConnor - March 7, 2014, 11:42 am

Hey guys, I was depressed for months didn't realize it, thought it was the people around me, well, they sent me to a mental hospital for a week (just so i wouldn't kill myself bc of suicidal statements), felt better, week and a half later I was there again because it all went downhill like usual.. well I got out like a week ago from today, and as expected I still want to die.

I don't get bullied/harassed or anything, I'm not poor, I have anything I could ever want, I find no joy or interest in anything, and I still want to die.

I'm sick of living, and I'm sick of asking for help only to be sent back to a mental hospital for a week until I feel happier because of the people around me, then get sent back home only to have everything repeat.

What should I do? Off myself?

If you were going to kill yourself, how would you do it? (Keep in mind, guns are messy, parents/family would be the first to see probably)

Just curious ?

~Jay~ - March 7, 2014, 11:43 am

I just can't take this post seriously with your profile pic.

wellager - March 7, 2014, 11:43 am

DON'T off yourself. Go to sleep.

Wake up and do something you like. I went through this a few weeks ago. You have to find a passion.

FeaturedBMX - March 7, 2014, 11:44 am

Really think about what you are doing. You get one life and you just want to give it up.

Beats! - March 7, 2014, 11:46 am

Try and find something that you're interested in and try and follow through with it. Definitely, do not 'off' yourself because that won't solve anything.

IanConnor - March 7, 2014, 11:49 am

@The guy commenting about my avatar:

Yeah, it's a funny GIF.

(Mar 7, 2014 12:43 PM)Black Soul Wrote: [\[CITE\]](#) DON'T off yourself. Go to sleep.

Wake up and do something you like. I went through this a few weeks ago. You have to find a passion.

I've tried sleeping. Every single night. For months. And every day I wake up, I hate myself more and more. I don't have a passion. My passion was basically anything with computers, I can do basically everything there is to do on a computer, yet I don't even find joy in computers anymore, it's like I

stare at my screen questioning why I am still here.

All the activities I use to love, I don't. Even if I try to do them, I hate it. I've tried it all, thought of it all, I don't have any hope for anything really.

And before someone posts saying take anti-depressants, I'm on anti-depressants, they haven't helped.

FeaturedBMX - March 7, 2014, 11:50 am

(Mar 7, 2014 12:49 PM)Marketplatz Wrote: [\[CITE\]](#) @The guy commenting about my avatar:

Yeah, it's a funny GIF.

I've tried sleeping. Every single night. For months. And every day I wake up, I hate myself more and more. I don't have a passion. My passion was basically anything with computers, I can do basically everything there is to do on a computer, yet I don't even find joy in computers anymore, it's like I stare at my screen questioning why I am still here.

All the activities I use to love, I don't. Even if I try to do them, I hate it. I've tried it all, thought of it all, I don't have any hope for anything really.

And before someone posts saying take anti-depressants, I'm on anti-depressants, they haven't helped.

Look into getting a different prescription maybe.

Dinolino - March 7, 2014, 11:53 am

I wont tell you to not kill yourself(even though it is kinda stupid to do so, keep on fighting. you will find something to live for).

If you were to off yourself, I would do it with helium. Completely painless

bk randy - March 7, 2014, 11:54 am

Wow Market you really rather kill yourself and devastate everyone around you just because you're not happy?

Get the fuck outside, I know how you feel but that's selfish as fuck to actually do it. Just let time heal it, it's just hormones n shit, go for walks, find a outdoor hobby, get connected with the beauty around you. I don't know how anybody could go through winter and not just be extremely excited when summer comes up. Even if you don't have anything to do just find something to distract you from being depressed.

Heulen - March 7, 2014, 11:58 am

dude, let me help you.

my girlfriend was really suicidal when i started talking to her, i helped her and she's a happy person now. please, it's not worth it to die.

InspectorGadget - March 7, 2014, 11:58 am

Cya! Don't let the door hit you on the way out! JK, I couldn't give a fuck either way...

Pray - March 7, 2014, 11:59 am

If you actually think like that, then yes, do it. Oxygen is precious, you know.

Lion - March 7, 2014, 11:59 am

Someone recently told me something that helped me a lot. "Life is all about perception; how you view things". View your life differently. You're probably focusing on ALL of your negatives, when you're better than you realize. Think positively, and think about how you can better yourself rather than thinking about ways to bring you deeper into your pain.

If you need to talk, PM me.

nadeemnade - March 7, 2014, 11:59 am

what is your religion ?!

what does life mean to you ?

ianConnor - March 7, 2014, 12:01 pm

(Mar 7, 2014 12:57 PM)?OtilleWrote: [\[CITE\]](#) Stop seeking attention you cock sucking fag.

Go off yourself...we do not need weak-minded punks walking around in society.

Not really seeking attention, more like opinions. This is a hacking forum with the average age of 12, do you think I care about most of you? Haha.

(Mar 7, 2014 12:54 PM)Benzo Wrote: [\[CITE\]](#) Wow Market you really rather kill yourself and devastate everyone around you just because you're not happy?

Get the fuck outside, I know how you feel but that's selfish as fuck to actually do it. Just let time heal it, it's just hormones n shit, go for walks, find a outdoor hobby, get connected with the beauty around you. I don't know how anybody could go through winter and not just be extremely excited when summer comes up. Even if you don't have anything to do just find something to distract you from being depressed.

I've tried. I've gone outside, I've tried a hobby, it's more than me just "not being happy".. I can live with me being not happy. I'm a narcissist. I'm fucked up.

(Mar 7, 2014 12:53 PM)Dinolino Wrote: [\[CITE\]](#) I wont tell you to not kill yourself(even though it is kinda stupid to do so, keep on fighting. you will find something to live for).

If you were to off yourself, I would do it with helium. Completely painless

Yep, I agree helium would be the way to go if I don't have access to pills (they locked them all up -_-), either that or head on crash.

Heulen - March 7, 2014, 12:02 pm

(Mar 7, 2014 12:57 PM)?OtilleWrote: [\[CITE\]](#) Stop seeking attention you cock sucking fag.

Go off yourself...we do not need weak-minded punks walking around in society.

dude....

behave, i know this is the internet but be a bit fucking decent?

Tweekzify - March 7, 2014, 12:03 pm

If nothing is fun, go get some weed and relaaaax like hell bro.. :) Do something fun really, there MUST be something, go to gym idc, could make u feel better and shit, but really if everything is booring, Smoke a joint bro and just relax.. Take caree m8.

ianConnor - March 7, 2014, 12:03 pm

(Mar 7, 2014 12:59 PM)Astral Wrote: [\[CITE\]](#) Someone recently told me something that helped me a lot. "Life is all about perception; how you view things". View your life differently. You're probably focusing on ALL of your negatives, when you're better than you realize. Think positively, and think about how you can better yourself rather than thinking about ways to bring you deeper into your pain.

If you need to talk, PM me.

I've tried this. I got into buddhism, and lots of self-control things, done lots of packets, and read lots of insightful books.. I know how to focus on positive things, and that helped for a little bit, but then it went back down again. It's like anything I find that helps me, after a day goes downhill and stops helping, and I'm back at stage 1.

(Mar 7, 2014 01:03 PM)Tweekzify Wrote: [\[CITE\]](#) If nothing is fun, go get some weed and relaaaax like hell bro.. :) Do something fun really, there MUST be something, go to gym idc, could make u feel better and shit, but really if everything is booring, Smoke a joint bro and just relax.. Take caree m8. Again, tried weed. Smoked daily for over two years, and I thought that's why I was depressed, stopped smoking been a few months now, and of course, nothing changed. It helped me keep my mind off negative shit, but being high was the new sober, and I still felt like shit wether I smoked or not.

@The guy yelling at the trash talkers - don't bother lol, it's an internet forum, I don't expect to get sympathy, nor do I expect every person here to believe me, it's understandable people are going to be cocky and promote suicide, but I'm the one who wants to die, so I could care less.

ProxNasman - March 7, 2014, 12:06 pm

I highly just think that you want attention, enough with stupid ass questions.

D?ath - March 7, 2014, 12:14 pm

Hello darkness my old friend.... I've come to talk to you again...

IanConnor - March 7, 2014, 12:19 pm

(Mar 7, 2014 01:06 PM)nullRoot Wrote: [\[CITE\]](#) I highly just think that you want attention, enough with stupid ass questions.

Best proof I can give. both of my wrist bands from when I was admitted, and the packet that explains the inpatient. also have a shitload of worksheets and meditation guides n shit >.>

m0n0p0ly - March 7, 2014, 12:23 pm

(Mar 7, 2014 01:02 PM)Heulen Wrote: [\[CITE\]](#) dude....

behave, i know this is the internet but be a bit fucking decent?

I have no patience for weak-minded individuals.

Like I said, OP needs to go off himself.

2069 - March 7, 2014, 12:30 pm

You probably need to start out fresh. Try some shrooms or lsd and explore your mind. Find a girl or something. Leave wherever you live. Save up money for it.

IanConnor - March 7, 2014, 12:31 pm

(Mar 7, 2014 01:30 PM)2008 Wrote: [\[CITE\]](#) You probably need to start out fresh. Try some shrooms or lsd and explore your mind. Find a girl or something. Leave wherever you live. Save up money for it.

Done my fair share of drugs.

Found the girl of my dreams.

Don't have the money to leave where I live, and even if I did, it would end up much worse most

likely.

immortalwon - March 7, 2014, 12:32 pm

What do you really want out of life? You are probably seeking spiritual enlightenment, try magic mushrooms, they allow you to access the infinite knowledge of the universe.

Tracked - March 7, 2014, 12:35 pm

OP don't think like that, think about everything you will miss out on, you will not get to start your own family/get a house etc. Life is too valuable to take it from yourself. Have you tried seeing a doctor & getting pills? And I don't think mental hospital is the right name, you're not crazy. Think of your family you will be leaving behind. And a lot of depressed people want attention, so this might be your way. If you need someone to talk to PM me bud.

(Mar 7, 2014 01:30 PM)2008 Wrote: [\[CITE\]](#) You probably need to start out fresh. Try some shrooms or lsd and explore your mind. Find a girl or something. Leave wherever you live. Save up money for it.

I think you're a dumb ass, don't tell him to do drugs, that can make it worse.

AltKev - March 7, 2014, 12:38 pm

Kill yourself and you're being selfish to your friends and family.

Man up and deal with your problems, and stop being dramatic.

IanConnor - March 7, 2014, 12:38 pm

(Mar 7, 2014 01:35 PM)Tracked Wrote: [\[CITE\]](#) OP don't think like that, think about everything you will miss out on, you will not get to start your own family/get a house etc. Life is too valuable to take it from yourself. Have you tried seeing a doctor & getting pills? And I don't think mental hospital is the right name, you're not crazy. Think of your family you will be leaving behind. And a lot of depressed people want attention, so this might be your way. If you need someone to talk to PM me bud.

I think you're a dumb ass, don't tell him to do drugs, that can make it worse.

Talking doesn't work, I've tried. I've tried pills. And yes, I've gotten into drugs, and back out, didn't help. I mean yeah, I would love to have a family and all of that, but the thing is I wouldn't care about having a family if I'm dead. I wouldn't have any worries if I was just dead and it's hard for me to not think like that. Like, society is also shit, why would I want to risk spending 10 years with a girl and having kids and getting married, only to find out she cheats on me and then I'm alone with kids... I'd rather kill myself than risk that happening.

Tracked - March 7, 2014, 12:41 pm

(Mar 7, 2014 01:38 PM)Marketplatz Wrote: [\[CITE\]](#) Talking doesn't work, I've tried. I've tried pills. And yes, I've gotten into drugs, and back out, didn't help. I mean yeah, I would love to have a family and all of that, but the thing is I wouldn't care about having a family if I'm dead. I wouldn't have any worries if I was just dead and it's hard for me to not think like that. Like, society is also shit, why would I want to risk spending 10 years with a girl and having kids and getting married, only to find out she cheats on me and then I'm alone with kids... I'd rather kill myself than risk that happening. Maybe you need to go to church. Also, I don't think people that commit suicide go to Heaven.

IanConnor - March 7, 2014, 12:43 pm

(Mar 7, 2014 01:41 PM)Tracked Wrote: [\[CITE\]](#) Maybe you need to go to church. Also, I don't think people that commit suicide go to Heaven.

I'm not religious. I don't believe in any higher power, but I do practice and follow a mediocre buddhist way of life.

Not afraid about what happens after death, IMO it's just like when you're sleeping, except you won't have a dream.

My Dixie Normous - March 7, 2014, 12:43 pm

(Mar 7, 2014 12:42 PM)Marketplatz Wrote: [\[CITE\]](#) Hey guys, I was depressed for months didn't realize it, thought it was the people around me, well, they sent me to a mental hospital for a week (just so i wouldn't kill myself bc of suicidal statements), felt better, week and a half later I was there again because it all went downhill like usual.. well I got out like a week ago from today, and as expected I still want to die.

I don't get bullied/harassed or anything, I'm not poor, I have anything I could ever want, I find no joy or interest in anything, and I still want to die.

I'm sick of living, and I'm sick of asking for help only to be sent back to a mental hospital for a week until I feel happier because of the people around me, then get sent back home only to have everything repeat.

What should I do? Off myself?

If you were going to kill yourself, how would you do it? (Keep in mind, guns are messy, parents/family would be the first to see probably)

Just curious ?

People like you disgust me, when there are people who want to live a good and normal life, suffering everyday, struggling to survive and cunts like you are suicidal why? you need to think of other people who would want a life like yours but are struggling to live to they're 5 years old without there parents, clean water or food and getting painful diseases.

You say you have no joy or interest in anything.. they why don't you go to the poorest countries and help out? go and work in a school or something and give people who want a good life an education.

You make me sick.

If you choose the easy way make sure you do it with pills or a gun, don't bother jumping in front of a train and ruining that persons life because you didn't have the balls to handle yours.

vitalitasia - March 7, 2014, 12:46 pm

I can't give you any advice, although I've been (and sometimes am) in the same situation as you are. But my depression was caused by a shitty life, and that shitty part is over (at least for now). Some things you should keep in mind: friends, family.

But I definitely would respect your choice to take your life.

Tracked - March 7, 2014, 12:47 pm

(Mar 7, 2014 01:43 PM)Marketplatz Wrote: [\[CITE\]](#) I'm not religious. I don't believe in any higher power, but I do practice and follow a mediocre buddhist way of life.

Not afraid about what happens after death, IMO it's just like when you're sleeping, except you won't have a dream.

Don't act like you know what happens after death. I don't think hell is more peaceful then being depressed on earth. There are people out there living on the streets & smile more. You need to pull yourself together brother.

vitalitasia - March 7, 2014, 12:50 pm

(Mar 7, 2014 01:43 PM)Sideshow Bob Wrote: [\[CITE\]](#) People like you disgust me, when there are people who want to live a good and normal life, suffering everyday, struggling to survive and cunts like you are suicidal why? you need to think of other people who would want a life like yours but are struggling to live to they're 5 years old without there parents, clean water or food and getting painful diseases.

You say you have no joy or interest in anything.. they why don't you go to the poorest countries and help out? go and work in a school or something and give people who want a good life an education.

You make me sick.

If you choose the easy way make sure you do it with pills or a gun, don't bother jumping in front of a train and ruining that persons life because you didn't have the balls to handle yours.

Could you please, you know, shut your whore mouth? Depression is a thing that isn't easy to cure, especially not by this kind of answers. "You make me sick". You don't even know what you're talking about, depressed people know they shouldn't be in a bad mood, they now they have a good life. But they simply don't feel happiness. Think about how you feel after losing your girlfriend or someone else loved, that's how depressed people feel most of the time. They don't have any motivation to do anything, to live.

You simply don't know what you're talking about, so please stop.

2069 - March 7, 2014, 12:51 pm

I don't know what to tell you then. If you have everything you want and you're still not happy then you need to find the definition of happy in your own mind. If you choose to end it, make sure its painless. I'm sure theres a few things you can mix together that will give a painless death.

Do whatever the fuck you want. Really don't understand why you even ask this. I'm kind of like you and i don't believe in anything. When i have an idea my mind is pretty much locked onto it no matter what people say about it. You're still going to choose your own opinion over ours.

Quote:stop being a fucking pussy and live your life.

This. Stop being a fucking bitch.

Strafola - March 7, 2014, 12:52 pm

Stop being pathetic.

You're so self absorbed with "me me me".

Have you ever thought of the people who don't have a choice to live? Who are killed and don't have a say in if they want to live or die? You obviously don't.

stop being a fucking pussy and live your life.

Honestly if you want to kill yourself go ahead. No one is stopping you.

/thread.

SuperMan-- - March 7, 2014, 12:53 pm

See Bro Read Everything in the Thread Ill Tell You This Get Your Girlfriend Tell Her About Your Situation, She ofcourse will start to talk with you.

When You Die Your Girlfriend Your Family And EveryBody That knows you dont you think this incident will leave a scar for them their entire life.

How Would you even Not Worry About your Family When You Die, do u think ur going to a better place?

what i suggest you do right now is read about the religions out their i dont want to be biased and tell you to read or convert to my religion no what im telling you explore every religion and go with your heart if your heart feels ok and feels its the right choice go for it.

Dont Off Your Self.

Theres always a choice bro, Never Give up On Something That you like or love or even your self.

Why would she cheat on you ?

You should pick the right one from the start see her talk to her, also if you even have kids i bet you that these thought would never even come up.

If Your Trolling Fuck you Sorry Man Like Seriously Had A Friend Who this happened to him and i didnt talk to him because i thought he was joking or fucking around but he wasnt so now im blaming myself for his death.

People Are Suffering there whole life for their kids just to give them a better life and a better understandment of life and you come just want to end a beautiful life why ?

My Dixie Normous - March 7, 2014, 12:58 pm

(Mar 7, 2014 01:50 PM)Lutan Wrote: [\[CITE\]](#) Could you please, you know, shut your whore mouth? Depression is a thing that isn't easy to cure, especially not by this kind of answers. "You make me sick". You don't even know what you're talking about, depressed people know they shouldn't be in a bad mood, they now they have a good life. But they simply don't feel happiness. Think about how you feel after losing your girlfriend or someone else loved, that's how depressed people feel most of the time. They don't have any motivation to do anything, to live.

You simply don't know what you're talking about, so please stop.

No i have seen the things that are happening in Africa first hand because i have been there to help, kids suffering, dying to young, growing up without parents and yet still they do everything they can to get have a good life, depressed people only think about themselves, they're places that help depressed people why don't you fuck off there and get help instead of posting on this forum.

be great full for what you have because they are always people worse off than you.

IanConnor - March 7, 2014, 1:01 pm

(Mar 7, 2014 01:43 PM)Sideshow Bob Wrote: [\[CITE\]](#) People like you disgust me, when there are people who want to live a good and normal life, suffering everyday, struggling to survive and cunts like you are suicidal why? you need to think of other people who would want a life like yours but are struggling to live to they're 5 years old without there parents, clean water or food and getting painful diseases.

You say you have no joy or interest in anything.. they why don't you go to the poorest countries and help out? go and work in a school or something and give people who want a good life an education.

You make me sick.

If you choose the easy way make sure you do it with pills or a gun, don't bother jumping in front of a train and ruining that persons life because you didn't have the balls to handle yours.

Honestly, people who tell me to kill myself or say I should do it, doesn't affect me, and I could literally care less.. but people like you, dear god I hope you get some help.

" there are people who want to live a good and normal life, suffering everyday, struggling to survive and cunts like you are suicidal why?"

You act like I don't want to live a good and normal life. You act like I WANTED this to happen to me. Depression is a mental illness. Just like someone with MS. Or cancer. It's an illness. I obviously WANT to live a happy life, but my brain chemistry stops me from doing so. I didn't just wake up and say "Hey, I really just want to die, even though I have everything I want. HAHAAH"

It's hard to explain because I don't give a shit to explain it to someone with an attitude like yourself, but depression is a mental illness my friend. Sure other people who are starving, or thirsty, or don't have parents, would LOVE my life, considering I don't suffer from those.. but that's because chances are, their brain chemistry would allow them to live normal. I don't think they would want to have the same brain chemistry as me.

It's selfish to kill myself, I know that. But it's selfish because of the people who care about me, it's not selfish because there are people who are suffering more.

I can't help that. If you are so worried about the people suffering more than me, why don't you fucking do something about it?

—

EDIT: LOL, I am grateful for everything I have. I'm fucking grateful out my ass. I have a supporting mother, father, supporting girlfriend, support friends, and support employee's/boss. I eat when I want to, drink when I want to, and eat/drink WHAT I want to. I have a nice computer, an average car, and tons of other things that could become hobbies I have.. but depression is an illness, once again. I am grateful more than anything for it, but it doesn't change that I want to die. I can't help it. You act like people who are depressed choose to be depressed. People in Africa are suffering because of physical properties, like lack of food/water... not mental. Depression is mental.

Come back to me once you suffer from severe clinical depression and let me know how you feel then.

And yes, I've been in and out of the hospital for it, if you've read my thread.

Worry - March 7, 2014, 1:07 pm

Call da popo! Lawl. <https://i.imgur.com/kUAs0ca.gif>

My Dixie Normous - March 7, 2014, 1:10 pm

(Mar 7, 2014 02:01 PM)Marketplatz Wrote: [\[CITE\]](#) Honestly, people who tell me to kill myself or say I should do it, doesn't affect me, and I could literally care less.. but people like you, dear god I hope you get some help.

" there are people who want to live a good and normal life, suffering everyday, struggling to survive and cunts like you are suicidal why?"

You act like I don't want to live a good and normal life. You act like I WANTED this to happen to me. Depression is a mental illness. Just like someone with MS. Or cancer. It's an illness. I obviously

WANT to live a happy life, but my brain chemistry stops me from doing so. I didn't just wake up and say "Hey, I really just want to die, even though I have everything I want. HAHAHA"

It's hard to explain because I don't give a shit to explain it to someone with an attitude like yourself, but depression is a mental illness my friend. Sure other people who are starving, or thirsty, or don't have parents, would LOVE my life, considering I don't suffer from those.. but that's because chances are, their brain chemistry would allow them to live normal. I don't think they would want to have the same brain chemistry as me.

It's selfish to kill myself, I know that. But it's selfish because of the people who care about me, it's not selfish because there are people who are suffering more.

I can't help that. If you are so worried about the people suffering more than me, why don't you fucking do something about it?

—

EDIT: LOL, I am grateful for everything I have. I'm fucking grateful out my ass. I have a supporting mother, father, supporting girlfriend, support friends, and support employee's/boss. I eat when I want to, drink when I want to, and eat/drink WHAT I want to. I have a nice computer, an average car, and tons of other things that could become hobbies I have.. but depression is an illness, once again. I am grateful more than anything for it, but it doesn't change that I want to die. I can't help it. You act like people who are depressed choose to be depressed. People in Africa are suffering because of physical properties, like lack of food/water... not mental. Depression is mental.

Come back to me once you suffer from severe clinical depression and let me know how you feel then.

And yes, I've been in and out of the hospital for it, if you've read my thread.

Why don't you piss off and go get some more help then instead of posting on here looking for attention or better still just kill yourself if you cant handle life.

/Thread.

Stimulus - March 7, 2014, 1:21 pm

If I were you I'd kill my self, you've got nothing better to live for.

Natalie Dormer - March 7, 2014, 1:25 pm

You obviously don't want to kill yourself otherwise you wouldn't be posting this and you would already have a bullet through the brain. So get out and find something to do or just be depressed the rest of your life. Like I always say, being depressed isn't an illness it's a frame of mind.

IanConnor - March 7, 2014, 1:31 pm

(Mar 7, 2014 02:25 PM)Sinister™ Wrote: [\[CITE\]](#) You obviously don't want to kill yourself otherwise you wouldn't be posting this and you would already have a bullet through the brain. So get out and find something to do or just be depressed the rest of your life. Like I always say, being depressed isn't an illness it's a frame of mind.

Lack of serotonin, and much less being produced is an illness, not a frame of mind.

But I do agree, I don't want to die, but I don't want to live, that is why I'm posting this. If I REALLY wanted to die, I would've just done anything it took no matter how painful, but I guess I was just looking for anything insightful, and as expected I didn't. >.>

Natalie Dormer - March 7, 2014, 1:33 pm

(Mar 7, 2014 02:31 PM)Marketplatz Wrote: [\[CITE\]](#) Lack of serotonin, and much less being produced is an illness, not a frame of mind.

But I do agree, I don't want to die, but I don't want to live, that is why I'm posting this. If I REALLY wanted to die, I would've just done anything it took no matter how painful, but I guess I was just looking for anything insightful, and as expected I didn't. >.>Like you said, This is an internet forum. Internet

What did you possibly expect?

If you want some real advice, ask your parents to get you a psychiatrist.

Also if it was a lack of Serotonin then anti-depressants would work, so no it is a frame of mind in YOUR case.

IanConnor - March 7, 2014, 1:35 pm

(Mar 7, 2014 02:33 PM)Sinister™ Wrote: [\[CITE\]](#) Like you said, This is an internet forum. Internet

What did you possibly expect?

If you want some real advice, ask your parents to get you a psychiatrist.
I expected nothing.

I expected SOMETHING from a psychiatrist, from a therapist, and even multiple doctors at a mental health facility I spent weeks at, but got nothing from those either.

So really turning to an internet forum I didn't expect any more, but I didn't expect any less.

vitalitasia - March 7, 2014, 3:41 pm

(Mar 7, 2014 01:58 PM)Sideshow Bob Wrote: [\[CITE\]](#) No i have seen the things that are happening in Africa first hand because i have been there to help, kids suffering, dying to young, growing up without parents and yet still they do everything they can to get have a good life, depressed people only think about themselves, they're places that help depressed people why don't you fuck off there and get help instead of posting on this forum.

be great full for what you have because they are always people worse off than you.
Can you please stop using Africa as your argument? There are always people who have a bad life, worse than people with depression. But depressed people have a disease called "depression" that makes it almost impossible for them to enjoy their nice life, although they know they have a good life.

Maybe some kind of support here in this forum is enough help for him. I got much help from the noobs of The Empire, that way I didn't need any medical treatment.

You're argumenting on the same base like someone who says "Dude don't cry about the leg you lost, there are people who lost both of them". He has a reason for his bad feelings and that's more than enough for trying to help him.

OP, you should try to get medical help. I know that you might want to refuse that kind of treatment. I refused it too, but I know it's still the best way against depression.

Flaxpicker - March 7, 2014, 3:43 pm

Just keep living and do things that you're interested i
You'll enjoy life a lot more

Primrose - March 7, 2014, 4:19 pm

Damn, I just got depressed from the subject, irritated by the ignorant people, and happy from the few people that understand depression isn't a choice, all just from reading this one thread.

Jamie Foxx - March 7, 2014, 4:22 pm

Smoke sum weed.. It'll either make you happy, or not care.

If you're still depressed, smoke more. Faster.

Also maybe try going outside.