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Thread: [Who do i talk to for help with depression](#)

Sennheiser - September 7, 2014, 10:42 am

I don't want sympathy

I want advice where to go for help,

I told my parents im depressed and need to see a doctor but they just tell me to get over it, i dont know why i am depressed but i want to get to the bottom of it because my grades are being severely effected and i feel like shit

I looked around the internet and don't know what actions to take

Anyone on here have any advice?

Premortal - September 7, 2014, 10:43 am

There are always hotlines.

http://www.dbsalliance.org/site/PageServer?pagename=urgent_crisis_hotline

Although most of those deal with suicide, there are many that deal with depression as a whole.

Royal Crowd - September 7, 2014, 10:47 am

Call 866-488-7386 it's a hotline!

If you ever need someone to talk to then PM me on here or add my skype: mr_squeaker

Hellsing - September 7, 2014, 10:50 am

Best way to beat depression is to work out. Do NOT start taking tablets, they'll make you feel worse and not give a shit about anything, then when you come off of them you'll feel a lot more worse.

Builder_Geeza - September 7, 2014, 10:51 am

I'm currently trying to battle through depression and self-harm, if you ever need to have a chat about something OP, just message me, hopefully we could get talking on Skype one day as I'd like to try and help you battle through this.

Sennheiser - September 7, 2014, 11:13 am

Thanks guys for the help im going to close this and see if i can call those hotlines which seems like the best course of action