

Forum:[Hack Forums](#)

Thread: [I am here for you. \(Depression, Mental Health\)](#)

Innocent Vigilante - February 22, 2016, 12:05 am

Hey guys, Some of you have seen me around the forum before, some of you may not as I take vac bans alot, But that does not matter.

I have seen many people on the forum with mental health issues and I just want to let you know I am here to help and talk to you every step of the way. Everything we talk about will not leave our private conversation.

I am currently studying a bachelors degree in community services and have certificates in youth work and community services work. I am also currently employed as a youth worker.

If any of you need to get anything off your chest what so ever, please message me so we can talk about it. Here for you guys.

Thankyou

Saint - February 22, 2016, 7:33 am

Don't hesitate to vent, he is a top notch guy, chill af.

Innocent Vigilante - February 22, 2016, 7:35 am

(Feb 22, 2016 08:33 AM).Saint Wrote: [\[CITE\]](#) Don't hesitate to vent, he is a top notch guy, chill af. Thankyou for the kind words my friend, I have had a few pm's which is understandable that people would rather pm then post on thread. But I appreciate it.

Saint - February 22, 2016, 7:44 am

(Feb 22, 2016 08:35 AM)?eta Wrote: [\[CITE\]](#) Thankyou for the kind words my friend, I have had a few pm's which is understandable that people would rather pm then post on thread. But I appreciate it. Definitely, keep it up.

Y0ix - February 22, 2016, 10:19 am

I suffer from stress deprived deprission, and it comes in waves, as im forced to stay in theese stressfull envioments, sometimes i think what is life worth, and debates why is life worth to live when your stressed 24/7 and it even gone so far that i need medication to sleep.

Innocent Vigilante - February 22, 2016, 10:23 am

(Feb 22, 2016 11:19 AM)Y0ix Wrote: [\[CITE\]](#) I suffer from stress deprived deprission, and it comes in waves, as im forced to stay in theese stressfull envioments, sometimes i think what is life worth, and debates why is life worth to live when your stressed 24/7 and it even gone so far that i need medication to sleep.

Sending you a pm mate :)

TrenTrain - February 22, 2016, 10:36 am

Holla, awesome thing you're doing here man!

Katarina Du Couteau - February 22, 2016, 10:38 am

Ill be sending you a PM soon! Thanks man

Innocent Vigilante - February 22, 2016, 11:05 am

No problem everyone, getting a few pm's I am very happy to talk to all of you.

Granny Bacon - February 22, 2016, 11:08 am

I have a severe depression but I don't know if I want to share my problems with you.
How is your confidentiality? Would you share anything we discuss in PM?

Innocent Vigilante - February 22, 2016, 11:14 am

(Feb 22, 2016 12:08 PM)Granny Bacon Wrote: [\[CITE\]](#) I have a severe depression but I don't know if I want to share my problems with you.
How is your confidentiality? Would you share anything we discuss in PM?
In no means would anything you discuss to me leave my messages.

chronicgamin - February 22, 2016, 11:27 pm

Bullwinkle i seen a ventrillo mentioning would you do ventrillo chats on this i myself was in admittance to having anxiety and depression issues i want to solve i'm half way there but i need more help thanks

kali_linux - February 23, 2016, 2:57 pm

I suffer from smiling depression and it makes me feel like shit.

Innocent Vigilante - February 23, 2016, 5:30 pm

Have replied to everyone's pm's and look forward to talking to you guys and helping you out, Please people pm me if you need to talk about anything and get stuff off your chest, Remember the first step is identifying your problem and I congratulate you for getting that far already! But the step after that is talking about it, and if you have come that far I cannot tell you how happy I am for you on getting closer to fighting your mental health. I am here for you guys, Please don't hesitate to message me.

jenssip1802 - February 23, 2016, 9:09 pm

i just got neg repped now im feeling suicidal

Innocent Vigilante - February 23, 2016, 9:10 pm

(Feb 23, 2016 10:09 PM)jenssip1802 Wrote: [\[CITE\]](#) i just got neg repped now im feeling suicidal
Please go away you troll.

jenssip1802 - February 23, 2016, 9:14 pm

(Feb 23, 2016 10:10 PM)Bullwinkle J. Moose Wrote: [\[CITE\]](#) Please go away you troll.
not trolling check previous threads

chronicgamin - February 24, 2016, 1:39 am

thanks bullwinkle u have been good for advice

Innocent Vigilante - February 24, 2016, 2:13 am

(Feb 24, 2016 02:39 AM)chronicgamin Wrote: [\[CITE\]](#) thanks bullwinkle u have been good for advice
Tell me how everything goes, keep me updated buddy. You are most welcome.

Maester Seymour - February 24, 2016, 2:17 am

Im schizophrenic and so is my mother, my dads in jail and i dont speka to my sister much anymore as she doesnt want to associate with our family (which is fair enough) but someone has to look after my mother. Also get night terrors every night/other night, and can never commit in a serious relationship because i just get bored so easily. Im not in the worst of positions at the moment, just would like to hear what you have to say

Innocent Vigilante - February 24, 2016, 2:20 am

(Feb 24, 2016 03:17 AM)Maester Seymour Wrote: [\[CITE\]](#) Im schizophrenic and so is my mother, my dads in jail and i dont speka to my sister much anymore as she doesnt want to associate with our family (which is fair enough) but someone has to look after my mother. Also get night terrors every night/other night, and can never commit in a serious relationship because i just get bored so easily. Im not in the worst of positions at the moment, just would like to hear what you have to say
Pm me mate, I'll be glad to talk with you.

Innocent Vigilante - February 28, 2016, 2:05 am

Bumping this thread for obvious reasons.

Guys, please do not hesitate to message me/post on thread, thankyou.

Autocorrect - February 28, 2016, 3:04 am

This is actually really cool of you man, great work for such a nice service.

On a serious note mental health is so important, and it's so great to have members here helping those who need it most.

If you're going through something right now and need a kind stranger to talk to, please send Innocent Vigilante a message.

I'm also here to talk if anyone needs it. ?

Innocent Vigilante - February 28, 2016, 3:06 am

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The #1 thing I care about is the well being of a person and I'd love to help out members on HF as well not only in real life. Thank you for the kind words my friend.

Loser Douche Bag #35 - February 29, 2016, 12:39 pm

hey man, I have this paranoia issue where I start to think how everyone is fake and everything is in my mind while I know it isn't true but it is like my mind is forcing me to believe that while I know it isn't. it's like weird. fucking hate it this fucking shit. then I get all weird vision and shit and it fucks with my head. im fine at home and stuff. but god damn it i think it's called depersonalisation and now this paranoia of how we shouldn't be here, and how everyone is like all just atoms and we are just made from a crazy very unlikely science experiment from the universe.

i honestly think the internet has fucked with my head. this is fucking retarded, hate these thoughts. i can't keep my mind off them cause when I do i start to get head pressure. it all started from this bull shit panic attack 2 weeks ago and googling shit it really got in my head. it really did. fucking ridiculous man!!!!!!!

no I ain't crazy, it's just a paranoia thought which is fucking with me. you know the feeling of watching a movie with this weird ending like inception or interstellar and you can't stop thinking about it for weeks or so? yeah same shit right here.

im still a real ass nigga tho

Neos07 - February 29, 2016, 12:43 pm

That's good, I'm also available for that.

Big pharma wants people to believe that their mental health is related to chemicals in the brain and any unbalance can cause mental disorders so they need lifetime pills to manage it.

My skype: neos07.simo