

Forum:[Hack Forums](#)

Thread: [What To Do ? Severe Deppression and anaxity](#)

SimplyyDennis - January 12, 2022, 8:50 pm

So i dont understand what you can do when you suffer from this and cant leave your house
How do you get money for medication and just existing anyone got any tips? ?

Im 19 and my life has gone to shit ?

Karwus - January 13, 2022, 3:16 am

Medication should be free so maybe go see a doctor? Do you have an insurance? MAO inhibitors were successful for my friend. Best is to have fresh air and sun, good meals with no sugars, no shot like pizza, pasta etc. Fresh mels rich with magnesium, wit D, antioxidants. Good luck!

Koyote - January 13, 2022, 3:19 am

Definitely recommend getting fresh air where you can, going for walks outside can seriously help without you even realising it. Cut out toxins and things you don't really need, and take stock of what you have or can get that's good for you and fun for you. Try to avoid listening to negative music or lyrics that get you mad, delete social media for a bit, don't reach out to people who don't reach out to you, clear your mind of distractions and get a model kit so you can focus on the little things while you work on it. Just try your best to WANT to be better, and the rest will come with time. It's a hard battle, and something I still struggle with often, but you have to fight for yourself because no one else will apart from family.

Joy™ - January 28, 2022, 7:24 pm

It depends on your perspective on reality. What do you think causes "depression" or "anxiety"? Depression and anxiety are very broad things that can be caused by so much. I'd suggest getting the correct amount of vitamins/minerals first before trying any medication.

Rainbow Thunder - February 1, 2022, 5:33 am

Listen, try ANY substance you can find except psych meds.
P.S. anxiolytics are an exception

FinanceMan901 - February 1, 2022, 2:13 pm

As others said, walking and getting fresh air always helps me personally. I work from home and recently my anxiety/depression/mental health has been trash.

I enjoy going to the gym and working out and I usually feel a lot better after. Drink plenty of water and eat good food. I also like listening to music and it usually helps lift up my mood. Try to spend time with friends/family. If you like video games then go for that!

I've had anxiety my whole life OP. It's gotten better (mostly due to steroid usage LOL) but it still comes in waves. Like last night before bed I was having severe anxiety. I think it's really just your mental state OP. Try to pick up a hobby.

When I just turned 19 I was suffering from intense depersonalization that was caused by a panic attack a year ago. I also had depression too. What helped me was LIVING LIFE. Distracting myself and doing things that I use to be scared to do.

Good luck mate.

Truth - February 1, 2022, 2:18 pm

This will come as a shock, but its the only true cure imo:

There is no such thing as mental illness

<https://www.youtube.com/watch?v=AnqoAID8Pml>

FreezerBleezer - February 2, 2022, 4:47 am

Find something you enjoy doing and do more of it. Go for walks, do Sports, try Meditating, read etc. There's so many things you can do.

PositiveAndLove - February 2, 2022, 4:53 am

Try getting on a SSRI and then go for meditation. Practice good behaviours.

Go play video games all day if that makes you happy. Soon enough your brain will heal

Heisenberg - April 6, 2022, 11:32 pm

Vitamin deficiencies... ESPECIALLY B12, make sure you are vitamin B12 sufficient! Rule them out before you fry your young, healthy brain with benzos (xanax, etc.) / SSRI's (prozac, etc.)

If you're not ill now, you will be when you take benzos / SSRI's!!!!

Don't do it, i've seen normal people become highly dependent on these drugs when they never really needed them in the first place. Get some blood work done! Good luck!

Komodo - April 8, 2022, 5:58 pm

(Feb 1, 2022 03:18 PM)Truth Wrote: [\[CITE\]](#) This will come as a shock, but its the only true cure imo:

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I lost brain cells watching this.

It's like saying Cancer isn't real, you just have symptoms of inflammation and uncontrollable cell division.

Does that really make sense to you? Just rewording a phrase? Is this medicine?

I'd love to take you on a trip to your local VA or Military Post Hospital so you can look my battle buddies in the eyes and tell them that their PTSD isn't real.

There has been proven studies again and again that patients with chemical imbalances from genetics, trauma, conditions has changed the dynamic of functions within your neurological system. Over 100 chemicals are being pushed through your body, at the cellular level the smallest interruption will change the entire outcome of the effects on your mind. For example depressed patients have shown to have less dopamine, serotonin, and endorphins which is the main contributing factors towards mood regularity, pleasure, and calmness.

There's a reason this video has 7,000 views in 10 years, it's stupid. Even 10 years ago when we didn't know what we do today about it still doesn't add up. The poster of the video is a fucking blogger, in what world do we listen to a blogger over a certified doctor? The day I start taking orders about medical procedures and findings from a guy that went to school for theatre is the day I'll apologize for calling you out on this post.

Truth - April 8, 2022, 6:35 pm

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Notice how you say "symptoms of inflammation and uncontrollable cell division."

These are empirically verifiable things.

So tell me, where can we see the physical empirical effects of mental illness in the body?

The "chemical imbalances" thing has already been a proven fraud. You can find the happiest person in the world with lowest dopamine levels, and the saddest suicidal person with high dopamine levels. There is no cause and effect relationship or mechanism. Its like thinking a car with 90% gas will run better than a car with 70% gas, they both will run fine, only when the gas runs out completely will the car stop. Just as with chemicals in the body, unless you are at 0, it will still work. (and btw, no one is at 0, unless they're dead)

Go ahead and try get the happiest person you know and the saddest person you know and check if there is a "chemical imbalances" between the too, hell try do it for yourself and see what happens.

Empiricism = There is no such thing as mental illness

And btw, you already admitted to yourself you can't do reason by using the logical fallacy known as appeal to authority by stating "in what world do we listen to a blogger over a certified doctor". I could spend my time explaining how the majority of doctors in the past used leaches, recommended smoking, etc but its so elementary. This post is intended for others. But maybe one day you will look back on it and understand.

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You mean physical effects like "It can lead to a variety of emotional and physical problems and can decrease your ability to function" taken straight from the definition of clinical depression, which you would know if you watched more than one YouTube video.

Notice how I said for example, and I only gave one case? That was only one proven example.

Here's another one since you seem to be an expert in the subject I'll go into more detail. If you get down to the science of Dopaminergic activity, which is a regulator of brain structures, ventral subiculum of the hippocampus, and basolateral amygdala. You'll find defects of the dopaminergic system in cases of depression. This plays right into the lovely example of high dopamine reception and still being suicidal, as once again you're having a chemical imbalance. Higher dopamine levels = higher stress on your neuron-receptors and channels interlinking chemicals. Higher stress equals wear of the receptors. Receptor damage and wear can cause a laundry list of problems, including not having the ability to produce Tyrosine which is needed to produce your neurological system with epinephrine, hormones, thyroid, pituitary glands, involvement of almost every cellular structure in your body. Think this might have an effect on your mental state? But you're an expert so you knew that.

Your car running at 90% of a full tank vs 70% will not have a difference. But the 90% will act differently if there's a problem with your fuel tank contaminating the gas within your car.

It's called technology. Why is the human race still not living in caves and beating animals with clubs anymore? We evolved, just like medicine did. Do you think medicine was created in a day? The first doctor just woke up one day and wrote 100 books on how the human body worked and exactly what to do? It took science, and studying, and adapting for years and years to come up with the practice of medicine. At the time those "bad doctors" you are referencing were doing the best with medicine that they could prove during their time.

I'm not asking you to join a religion where you have a choice to listen to it, or a cult where you're going to come and drink the kool-aid with me. It's science, testing, and proven studies.

Heisenberg - April 10, 2022, 10:06 am

Slowly ease you way into situations that scare you. I feel agoraphobic at times, but then I tell myself that everyone else on the outside is also scared, except they're fighting through it, so why can't I do the same? Take it one day at a time, feel better!