

Forum:[Hack Forums](#)

Thread: [Mental health check in](#)

Perfect - May 2, 2024, 8:05 am

YOU GOT THIS

Hey there, Perfect here.

I hope you're doing okay. I wanted to reach out and have a heart-to-heart chat about something really important – mental health.

Listen, I know life can throw some serious curveballs our way, and sometimes it feels like we're carrying the weight of the world on our shoulders. But here's the thing, my friend: you're not alone in this journey.

I want you to know that it's okay not to be okay. It's okay to feel overwhelmed, stressed, or even lost at times. We all go through rough patches, and it's nothing to be ashamed of.

But here's the kicker – you don't have to go through it alone. Whether you're struggling with anxiety, depression, or just feeling down, there are people out there who care about you and want to help. And guess what? I'm one of them.

So, if you ever need someone to talk to, whether it's about your feelings, your struggles, or even just to shoot the breeze, I'm here for you, no judgment, no strings attached.

And hey, let's make a pact right now: don't wait to have that last conversation with someone. Don't wait to hang out, 'cause tomorrow they might not be here. Life is precious, and every moment counts.

So, my friend, take care of yourself. Be kind to yourself. And remember, I'm just a message away if you ever need a listening ear.

Sending you all the love and positive vibes in the world,

Tag your number one Comrade on here and tell them why you appreciate them!

[Video: <https://youtu.be/YK3zs7EV6Tk?si=lc3zQK6z8ksEhste>]

Perfect

Spoiler ([Click to View](#))

Digitly - May 2, 2024, 8:21 am

I needed to hear that, Thank You

Slumerican ? - May 2, 2024, 8:55 am

I needed this, my friend! Just made a call to someone close to me who is suffering from a disease and talked to her for a few minutes. You INSPIRED ME TO DO THAT after I read what you wrote "let's make a pact right now: don't wait to have that last conversation with someone. Don't wait to

hang out, 'cause tomorrow they might not be here. Life is precious, and every moment counts." So thank you for encouraging me to make that call and talk, thank you brother. It's a really difficult time here now. I have never been more devastated in my whole life when close people to you are suffering and trying to fight for their lives. Thank you OP more than words can explain! I send blessings to you and your family and please never stop making such a big, positive difference in other people's lives. Thank you, keep up the good work.

TwoStrokeCam - May 2, 2024, 8:57 am

Definitely needed that. Lost my job, Struggling to bills. Eviction Court on Friday, 2 year old daughter and fiancé. I have never been in this position before but I know I have to keep pushing. Thank you for this post.

Euaggelistes - May 2, 2024, 9:02 am

Great advice. Thanks for the reminders. Picking up the phone now.

Jamika - May 2, 2024, 9:25 am

Will join this when needed, and it seems soon

Regulus - May 2, 2024, 9:39 am

You're one amazing human being with a heart of gold.
Need more people like you on this planet.

L?G?ND - May 2, 2024, 9:42 am

I just finished my workout for the day and regained some clarity. Your words speak volume and I wish more people could be exposed to them. Additionally, it's important to realize we will all be faced with obstacles in life, some that are challenging and/or others that will bring us to our breaking point. However, I believe we're only exposed to what we're capable of overcoming. Furthermore, it's okay to feel defeated or to fail.

Omniscient - May 2, 2024, 11:58 am

Meh. Sounds too generic to me. Maybe I'm just too vexed about it all. Also, no mention of God which imho is essential for Mental Health for most people. Even AA/Rehab meetings are based on a Higher Power.

<https://fherehab.com/learning/step-11-connection-with-a-higher-power/>

People can only help so much. And while connecting with people is helpful, finding inner strength is more powerful. Because once you realize how strong you can be, you begin to become independent. You can conquer your problems without the need of external crutches.

Half the time I think the biggest issue with people struggling with Mental Illness is that they don't believe it's a problem or that they are indeed ill mentally. Now you have society creating this cloud of acceptance for nearly any behavior that stems from mental illness. If you can't admit that your problems are related to an illness then you can never heal.

Perfect - May 2, 2024, 12:08 pm

(May 2, 2024 11:58 AM)Omniscient Wrote: [\[CITE\]](#) Meh. Sounds too generic to me. Maybe I'm just too vexed about it all. Also, no mention of God which imho is essential for Mental Health for most people. Even AA/Rehab meetings are based on a Higher Power.

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My intention was to speak to the crowd, that's why I modified it as such. I have no idea how much this post would touch reach wise so it would be applicable to those who see! so I gather data to to modify for my future posting as far as a higher power I tend not to judge anyone on their beliefs so being politically correct and on the line of something that is deems relatable to the eyes of the user. It's not for everyone but I will be as kosher as I can without causing extra harm.

Also, well said on your end [Omniscient](#), It's also true that sometimes people struggle to recognize their own mental health challenges. There's this stigma surrounding it, and society's acceptance of certain behaviors can sometimes blur the lines. But acknowledging that there might be something going on mentally is a huge step towards healing.

Omniscient - May 2, 2024, 12:17 pm

(May 2, 2024 12:08 PM)Perfect? Wrote: [\[CITE\]](#) Also, well said on your end [Omniscient](#), It's also true that sometimes people struggle to recognize their own mental health challenges. There's this stigma surrounding it, and society's acceptance of certain behaviors can sometimes blur the lines. But acknowledging that there might be something going on mentally is a huge step towards healing. It's weirder than that. People are also to the point of acceptance of their illness and take medications like candy without any real attempt to address the issue or understand it fully.

These are all normalized now. Pills only go so far and are designed to make you a lifelong customer (aka slave).

Perfect - May 2, 2024, 12:25 pm

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Just this last December while I was septic with the va they couldn't get me on the right antibiotics I was on almost 15 active medications !!! so they threw them all at me. To this very day I'm still having GI issues, recovering from my sepsis and the damage it caused on my body.. I hate lazy doctors. I hate the Va.. if you got family or friends in. You understand.

Pills are definitely not the cure all. It's mind numbing. I believe in the ability to speak. Let out. If you hold it in. It might just be too late.

I hate popping pills. I'm glad I'm in a medical state..

L?G?ND - May 2, 2024, 12:39 pm

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That's an interesting perspective, one that I would have to agree with. I've actually experienced this in past relationships, and have family members who share this mentality. I'm a strong believer of the saying "misery like's company," and many of them were willing to bring others down, just so others can experience what they were feeling. Furthermore, they would deflect their problems onto others, in a way to justify their actions.

It's one thing to accept or have an understanding, however, it's unfortunate that society has begun to justify such behavioral issues. It seems many become delusional, often refusing to accept that trauma or life experiences contribute to such behavior. Furthermore, such individuals will attempt to manipulate situations, or resort to gaslighting.

I agree that one must learn to be independent, and solve their problems on their own. It's okay to seek guidance, but to use others as a crutch, well that leads to additional problems, such as instability.

BlackWidow1 - May 2, 2024, 1:09 pm

There's no such thing as a psychological illness. As soon as we start thinking about it, it immediately appears.

Omniscient - May 2, 2024, 1:24 pm

Quote: To this very day I'm still having GI issues, recovering from my sepsis and the damage it caused on my body.. I hate lazy doctors. I hate the VA.. if you got family or friends in. You understand.

Not just the VA, it's most of the medical field.

Quote: There's no such thing as a psychological illness.
Irony. Dissociative disorder.

<https://www.mayoclinic.org/diseases-conditions/dissociative-disorders/symptoms-causes/syc-20355215#:~:text=Overview,problems%20in%20managing%20everyday%20life>

Perfect - May 2, 2024, 1:33 pm

(May 2, 2024 01:09 PM)BlackWidow1 Wrote: [\[CITE\]](#) There's no such thing as a psychological illness. As soon as we start thinking about it, it immediately appears.

So the universal answer is to ignore it or invite it ?

How do you deal with " he who shall not be named" ?

(May 2, 2024 01:24 PM)Omniscient Wrote: [\[CITE\]](#) Not just the VA, it's most of the medical field.

Very true but mine was gross negligence and proven. Just going through the long daunting process as we speak. Just trying to stay alive is the hard part. We have been better these days now I'm on the other end of it!

Sakupen - June 24, 2025, 12:31 pm
mental health check in

Rsynced - June 24, 2025, 1:39 pm

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You are right, I don't think I would be alive right now if I didn't pray to God, along with my family and friends!

I had a lot of people pray for me when I was really sick....

KimJade - June 26, 2025, 3:13 am

It was really nice to hear and read this. Life has been hitting me with all these curveballs and I've stayed positive through them all.. its just hard. Bad luck after bad luck, waiting for some good to hit me up!

K4RM4 - August 18, 2025, 9:34 am

Thanks for the post! It's always nice to have a mental health check.

P??sonl?af - October 3, 2025, 4:08 am

This still has much value these days & some people might need to see it.

SorryNotSorry for the bump