

Forum:[Hack Forums](#)

Thread: [I'm feeling suicidal.](#)

JNath - November 23, 2025, 11:52 pm

Hello guys, I'm 26 y/o. I have been suffering from mental illnesses, I was diagnosed of anxiety in 2016 and then diagnosed of bipolar disorder 1 in 2019. I've been on meds since then. Now I'm weak, obese and don't make any money. I don't have the motivation to leave my bed or take shower and brush my teeth. I watch my parents suffering in lack of money.

I don't know what I should do, I'm feeling like I should quit.

Jamika - November 23, 2025, 11:58 pm

Man wake up , u need someone to motivate you , your a power , your best part is still to come , come on , your still so young , get up , take a shower , and search for any job , even in a small market , you will not only help them , but u may be the power for them to fight too ?

Motusora - November 24, 2025, 12:15 am

When life feels overwhelming, it might seem like there are no options left, but suicide isn't a solution, it ends the chance for things to get better. There are people who want to help you, and support is available even when it feels like everything is too heavy to carry alone.

RangoWorld - November 24, 2025, 4:09 am

You need write down your problems in life. Then stary off with the smallest one you think that you can solve. Then work on it.

Progress will be slow at the beginning. But it won't be linear. It'll snowball. Write it down as a schedule and stick to it daily. A schedule you used to have in school. Similarly you need that in your life too.

This will allow you to not get overwhelmed because you would've broken the big problems into small manageable chunks.

Also remember this. Motivation doesn't come on its own mostly. It comes as a consequence of taking action.

If you want to feel motivated. Take action to get up and brush your teeth.

NikkiBee - November 24, 2025, 10:19 pm

Dont give up JNath, life will get better. There are people in your life, that would be devastated if you weren't here, so even if you don't feel that your life is worth much, others don't feel the same way.

If you're finding yourself still depressed, and possibly suicidal even while taking your meds as decribed, it may be time to get a change of your meds. Our bodies get accustom to taking medication after time, and can those same meds that once were working, can stop being as effective. It might be time for an increase in your dosage, or an overall change in your meds. Give you doctor a call and try and get an appointment.

Karwus - November 30, 2025, 10:39 pm

Try dopamine detox to have more happiness, it really works if you're bombed daily with social media

etc. Just quit the internet for a while and find things you like doing.

RiveR29 - December 1, 2025, 1:53 am

To be honest, same here. I have had anxiety attacks in the past days, because my dad likes to use Financial abuse.

He just texted me few days ago. And I will quote him.

"How ya doing?, Have not heard from you. You should come visit, preferably ALONE!"

I am 99% sure the MF want's to check my bank.

And some info to clarify. I have had a lot of problems with money, ie. I have taken loans because my income is not enough.

And when ever I have talked about changing jobs with my dad he has gotten extremely mad. So yeah, safe to say, I am afraid of my dad in a way. For all my life he has humiliated me when ever he feels bad about himself.

And the reason I can't cut him off is my grandparents. They live in the same town, and I am sure he would make them cut me off totally.

So this has led me to have severe anxiety, stress, depression etc. And just like [JNath](#) I have started to feel like ending things on my own terms.

I know I am "strong" in a way, but this is starting to break me.

At this point I feel like just disappearing, to just leave everything behind. But I can't for my grandparents sake.

CL1B - December 1, 2025, 2:22 am

(Nov 24, 2025 12:52 AM)JNath Wrote: [\[CITE\]](#) Hello guys, I'm 26 y/o. I have been suffering from mental illnesses, I was diagnosed of anxiety in 2016 and then diagnosed of bipolar disorder 1 in 2019. I've been on meds since then. Now I'm weak, obese and don't make any money. I don't have the motivation to leave my bed or take shower and brush my teeth. I watch my parents suffering in lack of money.

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I'm happy you shared this, as sharing is often the first step in releasing stress. I'm sorry to read what you're going through..

I do like how you realize what your "shortcomings" are, that's actually good.

You're asking what you should do and you're saying you feel like you should quit.. Isn't it clear you haven't started yet? You shouldn't be thinking about quitting, you should think about beginning.

Begin with practicing discipline, taking care of yourself and allow yourself to be vulnerable (like you're doing now!)

I'd like to share with you a great perspective on depression:

Us humans are problem solvers to the bone, problem solving is a key instrument in mental wellness.

Visible in all ages and situations: When a human solves a problem whether that being answering a question inside one's mind or eating after getting hungry or solving a math problem.. We become "happy" feel "good" or anything along that way.

When we do not solve problems for example: We aren't able to fix the math problem, we don't

answer questions we ask ourselves, we don't act on certain things like discipline or as simple as not feeding your hunger will always lead in some form of unhappiness.

If you fail to problem solve a lot you will fall into what we call a depression.

Hopefully this gives you some insights and inspires you to set an alarm, be disciplined and pro actively acknowledge yourself and your problems.

This is a concept taught in psychology and applied in fields like therapy. You can also reach out to a therapist nearby, see <https://www.betterhelp.com/> it's quite common. A therapist will give you space to open up more and will help you reflect/problem solve mentally. The actual practice remains the same, you can start step by step everyday (for free) or have a therapist manage you and it (for money).

Goodluck.

denpivotal - December 2, 2025, 2:32 am

Relax bro

MoOne - January 23, 2026, 12:46 am

This too shall pass.

You're already doing so much by reaching out to people on HF

Cosa Nostra - January 27, 2026, 12:56 pm

Hey man, as many are saying, I'm also really glad you wrote this. That takes more strength than it feels like right now.

What you're describing isn't laziness or failure, it's illness. Anxiety and bipolar can absolutely drain motivation, energy, and self-worth to the point where basic things feel impossible. That doesn't mean you're broken or done, it means you're fighting something heavy while judging yourself like you're not.

Being 26, broke, living with parents, out of shape hurts, especially if you care about your Family. You need to remember that none of it is permanent, and none of it defines your value. The timeline you're comparing yourself to is fake.

When everything feels overwhelming, I would recommend thinking about small steps:

You get out of bed and shower? That's a win.

You are brushing your Teeth? That's a win.

Take your meds consistently as they can really help you to get through this Phase.

One short walk outside. That's enough for today.

Momentum comes after stability, not before. Keep strong.