
Subject: Re: Don't bottle it up

Posted by [Kytten9](#) on Tue, 18 Mar 2008 23:04:09 GMT

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Some teenagers need a person to talk to...even just to whine...vent or rant at, it's a bitch when you wanna complain and your parents just won't let you let it out....But some teenagers do have real issues and only a real professional can sort those issues....such as depression etc...I was diagnosed with clinical depression when I was 18 and I was told I'd had it for 18 months so since being 16, I had my personal reasons and was suicidal for a long time, just recently I have recovered from Post Natal Depression after the birth of my son and again those same familiar feelings of wanting to end my own life returned.....Why I do not know but what I do know is why I never followed through on them:

When I was 15 my best friends father killed himself and she found him, I saw first hand how her family was ripped apart by this devastating and clearly selfish act, people commit suicide to escape the pain of their angst but do not once think of the heartache, angst and never ending sucking void they leave in the lives of their loved ones who are left with one question forever on their minds that will never be answered and that is: "WHY?"

He is right if you feel this way you should seek help, strong people ask for help when they need it, so be strong and ask or talk to someone!
