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Subject: Re: Don't bottle it up

Posted by [Cee100](#) on Wed, 19 Mar 2008 01:34:13 GMT

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I too had post natal depression which took a while to discover, although on occasion the thought that all of this was pointless did cross my mind but my son keeps me grounded to this plain.

Depression and its other factors are a chemical imbalance, I strongly believe most suicides are due to the non understanding that there is something wrong with you mentally that can be sorted out with the right drugs.

Alcohol adds to depression, hence the easiness to go from a happy mood to an all out brawl in the bar, it doesn't take long before the brain chemicals can change your mood if someone comes along spoiling for a fight.

As teenagers have their hormones all over the place to begin with, adding booze to their mental cocktail is enough to start the ball rolling, i believe anyway.

I'm glad to see such positive posts, spread the word guys wherever you go!

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