Worst misunderstanding about mental illness is being told to snap out of it

by Addie in Florida

My depression was most likely learned behavior from a mother who drank everyday and a father who seemed depressed and despondent. I remember arguments and fighting as a young child. Then my parents divorced. This started my fears and insecurities. I remember being center stage, then on the back burner.

I was moved around from home to home and back and forth. I developed learning problems and made some bad grades in school. At 13, I turned to drinking and drugs. Then I married young and got a divorce like the family tradition. I gave birth to two sons and then became a single mom. I still felt a void.

I began to drink alcohol for relief. The struggle became too difficult to handle. I began AA and got sober. Then the worse depression hit me. I went on three different types of medications in six months. The diagnosis for me was chronic depression. There were layers and layers of hurt and rejection.

The worst misunderstanding about mental illness is being told to snap out of it. That's not possible. If you had any other disease could, you could not just snap out of it.

Life at times feels empty to me, but I try to stay busy and help others any way I can. Talk to others about your feelings. Know you are not alone and you can take a medication that helps. I believe therapy may be another way to help a very depressed individual. Force yourself to keep busy and active even if you do not feel like doing fun things. Deal with your life matters in a timely fashion. Keep praying daily for strength.

I did go for counseling and took all the tools I could to live life. Be good to yourself. Let others know you and help you. We all need one another. Stay busy but also learn how to balance your life with rest. Sometime you may be tired; that doesn't mean you are depressed. Do not label things. You are what you say.

This mental illness has affected my life in many adverse ways. If you can find the help you need in medications, do not feel bad about taking them to cure your disease. We must have some joy in this world so do what is required: exercise and eat a well-balanced diet. Research everything you can to live depression free. Find a healthy outlook.