

Got Depression?

Posted by jerusalemsexaddict - 30 Sep 2009 21:06

All of us here, or at least most of here, struggle greatly with depression.

We are depressed that we are depressed.

And we are depressed that we are in this cycle of depression.

Firstly, I would like to clarify a major misconception.

Many think that we are depressed cause we are sinning.

Our neshama is depressed. Therefore we are depressed.

This is not true.

I strive to serve Hashem as much as I can (for the most part)

I still suffer greatly from depression.

Depression can come from several reasons:

1) Chemical imbalance- This happens. Some people are just biologically prone to be depressed.

2) Emotional discontent- Lack of feeling of security and the occurrence of bad circumstances.

There are obviously more reasons, but these are two major ones that I think are the basic reasons for depression for people like us here at the forum.

We are not to blame for our depression!

We are not bad people!

We do not "deserve to be depressed"!

Depression is not something to fight.

It is something to heal.

If it is chemical imbalance,medicine helps greatly for this.

We can accept what Hashem gives us with love.

He gives us happiness soemtimes,and He makes us depressed sometimes.

Reb Tzadok says that this is to be mechaper avonos.

Because as we all know,depression is like hell sometimes.

So Hashem thank You!

More often,it is discontent inside of us.

All of us here have this.

That's why we're here, isn't it.

This is something we are working on.

It takes time.

It will be healed.

Do not worry.

So when you are depressed,don't say to yourself:

"O man!Why can't I just be happy?!"

This is where Hashem put us right now.

Thank you Hashem for making me depressed today!If You decide that I should be

depressed,then I'm happy with it!

(Notice the irony in that statement?)

(Irony?Or **the solution?**)

Don't say:

"O man!My davening now will be weak anyway.Any mitzva I do will be weak.I might as well not do it."

Wrong!

Hashem wants us to give Him what we have.

If all we could do is learn 10 minutes,then that is perfect!

Not ok.

Perfect!

He put us here,depression and all.

Don't beat yourself up.

Give Him what you got.

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Re: Got Depression?

Posted by 7yipol - 01 Oct 2009 18:02

That's brave of you to admit you're on the pills.

Many people are very embarrassed of this cause people have created this stigma around it.

Being on medication is validation!

Meds only help when it's a chemical issue, not psychological.

Just as a diabetic takes insulin to control sugar levels, one with chemical depression takes antidepressants to control chemical and hormones.

As medical and unembarrassing as diabetics.

Period

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Re: Got Depression?

Posted by jerusalemsexaddict - 01 Oct 2009 18:04

Mom,

Maybe for the first time ever....

Im gonna have to disagree with you.

Chemical.

Psychological.

Doesn't make a difference.

You do what you can to heal it.

But sometimes it's just overwhelming.

And the alternative sucks!

So I vote medication.

But it must be alongside therapy.

That goes without saying.

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Re: Got Depression?

Posted by jerusalemsexaddict - 01 Oct 2009 18:07

P.S. - Sorry.I know I just broke one of the Big Ten :-[

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Re: Got Depression?

Posted by yechidah - 01 Oct 2009 18:18

I am not sure which one of you is correct when the problem is not a chemical one.

there was a 3 month period at one point where I was in bad shape and somehow I pulled through but I always wondered whether I should have taken medication then.

Like Uri said,it can be very overwhelming.

What would have happened if I wouldn't have survived it.

Was it irresponsible not taking the medication at that time?

Was it ego-It's below me to be dependant on anything but myself?

Was is being brave-let's rely just on Hashem and nothing else?

I'm not sure.

I don't think I will ever be sure.

and I hope I don't experience that ever again

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Re: Got Depression?

Posted by 7yipol - 01 Oct 2009 18:32

[Uri wrote on 01 Oct 2009 18:04:](#)

Mom,

Maybe for the first time ever....

Im gonna have to disagree with you.

Chemical.

Phycological.

Doesn't make a difference.

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And the alternative sucks!

So I vote medication.

But it must be alongside therapy.

That goes without saying.

What part are we disagreeing on?

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Re: Got Depression?

Posted by Sturgle - 01 Oct 2009 18:34

Guys,

with all due respect,

I am not one myself,

but there are people,

professionals,

who make these decisions.

Psychiatrists...

And, no, I don't think

it is pashut in any sense of the word.

Psychology is complex.

Our bodies are complex.

B"H, pilay pla'im.

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Re: Got Depression?

Posted by Sturggle - 01 Oct 2009 18:36

[7Up wrote on 01 Oct 2009 18:32:](#)

[Uri wrote on 01 Oct 2009 18:04:](#)

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Chemical.

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Doesn't make a difference.

You do what you can to heal it.

But sometimes it's just overwhelming.

And the alternative sucks!

So I vote medication.

But it must be alongside therapy.

That goes without saying.

What part are we disagreeing on?

I was wondering the same thing...

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Re: Got Depression?

Posted by jerusalemsexaddict - 01 Oct 2009 18:39

[7Up wrote on 01 Oct 2009 18:02:](#)

Meds only help when its a chemical issue, not psychological.

on that

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Re: Got Depression?

Posted by 7yipol - 01 Oct 2009 18:41

[Uri wrote on 01 Oct 2009 18:39:](#)

[7Up wrote on 01 Oct 2009 18:02:](#)

Meds only help when its a chemical issue, not psychological.

on that

Doesnt the psychological *set off* the chemical and sometimes visa versa.

Okay, maybe we need Guard and Rabbi Dr Twerski on this one

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Re: Got Depression?

Posted by kutan - 01 Oct 2009 18:45

What Uri is saying is that even when the dep. is psychological, he is for taking meds to help the fellow get over it.

Uri, start a poll...

(just kidding)

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Re: Got Depression?
Posted by jerusalemsexaddict - 01 Oct 2009 18:46

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Re: Got Depression?
Posted by jerusalemsexaddict - 01 Oct 2009 18:48

check out my new thread in "what works for me"

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Re: Got Depression?
Posted by 7yipol - 01 Oct 2009 19:55

[kutan shel hachabura wrote on 01 Oct 2009 18:45:](#)

thank you kutan

What Uri is saying is that even when the dep. is psychological, he is for taking meds to help the fellow get over it.

Uri, start a poll...

(just kidding)

I am definitely not disagreeing. Meds saved my life when I went through a serious post partum depression

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Re: Got Depression?

Posted by Sturggle - 01 Oct 2009 20:57

[kutan shel hachabura wrote on 01 Oct 2009 18:45:](#)

What Uri is saying is that even when the dep. is psychological, he is for taking meds to help the fellow get over it.

Uri, start a poll...

(just kidding)

That can also be very dangerous and damaging

and I think it's important to stress here

that it is clear that psychiatric advice

is crucial in this matter.

The above is not an agreement
or disagreement of anything aforementioned.

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