

Hello, people, introduction, and mental health

Posted by tman - 04 Oct 2015 02:09

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Hello, people.

I have been struggling since puberty and have tried to break free many times. My situation is a bit complicated since I have a mental health issue (bipolar disorder/manic depression). So it's kind of hard to figure out where one problem ends and the other begins. Also my head gets a bit muddled from the drugs I'm taking.

Just wondering, does anyone here have a mental health issue? Are there any psychiatrists here?

Thanks so much,

Tzaddikman

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Re: Hello, people, introduction, and mental health

Posted by serenity - 04 Oct 2015 03:59

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Welcome to GYE!

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Re: Hello, people, introduction, and mental health

Posted by eslaasos - 04 Oct 2015 04:13

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[tman wrote:](#)

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Thanks so much,

Tzaddikman

Welcome!

I think a lot of us here on GYE have emotional and/or spiritual (not necessarily religious) issues that were factors in what we have been doing that bring us here, which in turn can exacerbate those issues.

This is not quite the same as bipolar.

Hopefully you are in contact with a psychiatrist who knows you and can advise you aside from whatever advice you may receive here. To be honest I'd be surprised if a professional would give medical advice anonymously without knowing more about you unless it's really generic.

But there are a vast number of resources here that are helpful for everyone. Browse and enjoy!

Hatzlocha!

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Re: Hello, people, introduction, and mental health

Posted by Chiam - 04 Oct 2015 21:57

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Hey tman and welcome to GYE... I myself only joined last week and still figuring this thing out. But I can tell you that I have been diagnosed with ADD, OCD, and underlining depression besides for my addictive tendencies and my chashashos for other things like personality issues. So even though I am not taking any series meds, I can relate to your confusion on how to deal with multiple issues and where the beginning and end of all it is.

Much of what I learned was talking it out with a therapist and talking it out with myself exactly what biological AND personal issues I had and figuring out the underlining issues. I highly recommend you talk to your psychiatrist who is dealing with your bipolar and depression since good psychiatrists would be able to shed some light on how to deal with it and go to a psychologist who specializes in these disorders who will give you insight on your conditions that you will be able to piece together with all the advice on this website. MENTION these struggles to whomever you talk to because many things are more connected than you might think.

I would love to correspond with you about what I learned about all this confusion and hear what you yourself has experienced and learned. I am looking forward on learning a lot from GYE, and

breaking this thing once and for all... I wish the same to you!

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Re: Hello, people, introduction, and mental health

Posted by abd297 - 07 Oct 2015 00:25

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Welcome to GYE. I can relate to the feeling of being overwhelmed with multiple issues at a time and the confusion about what relates to what and how. Best of luck in your journey. Keep us posted.

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