

I am a survivor of clinical depression. At one time when it became severe I didn't know what I was going to do. When in severe depression it is a sickness as you have severe headaches, upset stomach, can't sleep, have no desire to do anything, some times you can have panic attacks, and sometimes it seems hopeless. This is the time to seek professional help. My father committed suicide at 51 years old and I said That would not happen to me, however twenty years and later I became severely depressed and didn't know what was happening to me. I seen my medical doctor and he realized I was depressed and between him, a therapist and medication I was able to recover. I had thoughts of suicide but did not want to leave my family, friends ETC. I realized there is help. My father was severely depressed and at the time in the 1970's we didn't know what it was. Depression is a chemical imbalance in the brain which a person has no control over their emotions. It also can be hereditary. You are not weak if you seek professional help as it can happen to anyone.

Larry Overbye