



## Self Destructive Thoughts

by award-winning author / stress-relief expert Susie Mantell

**Q: Dear Susie, I suffer from depression and dark thoughts. I am in therapy, but what else should I do?**

**A: Whenever safety is a concern we must seek *immediate* medical attention.** It is far better to risk erring on the side of caution, than risking harm.

My own work being in stress-management, and I am not a healthcare professional. Whenever a question of a medical nature arises, it is important to talk with a trusted physician or skilled counselor who can sit face to face with you, and suggest how best to proceed to bring you comfort. Choose someone with whom you can share your feelings, concerns, and together determine how best to address them and find balance and joy. While some gloomy thoughts are not uncommon during a period of depression, any thought of suicide should be addressed immediately and professionally.

Discussing what you refer to as "dark" thoughts with a compassionate, experienced healthcare professional is the safest way to assess whether the feelings of sadness and pain will pass on their own or should be addressed with medical care.

If you are in deep emotional pain, remember that feelings are just feelings--and they pass. While today is a very difficult day, depression is not a permanent state. There is so much life out there to live, and love to share. There's too much laughter to laugh and gifts within you to share with others, to ever, ever risk injury. *"Never give up an hour before the miracle!"*

**If ever you, or someone you know, feels there could be a danger of hurting oneself or others, call 911 or get to an emergency room promptly for professional support.**

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