

**Live To Tell: A Suicide Survivor's Struggle With  
Depression And Anxiety**

**By Shelia Merkel, Ben Schwipps**

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Suicide attempt survivor and advocate Dese'Rae Stage poses in New York City on Sept. Nicole Pasulka is a writer and reporter who lives in New York City. the whole story—the depression, the struggle to leave her bed, the suicide . and anxiety over the unforeseeable consequences of their attempts.

[www.takepart.com/feature/2014/09/09/suicide-prevention-millennial-mental-health](http://www.takepart.com/feature/2014/09/09/suicide-prevention-millennial-mental-health)

"Why we chose to live" – what kept three women from suicide . I'd been struggling with depression and self-harming from the age of 14 and at school I was

[www.glamourmagazine.co.uk/article/suicide-survival-stories](http://www.glamourmagazine.co.uk/article/suicide-survival-stories)

As the U.S. suicide rate hits a 30-year high, some who've struggled with depression to her, don't understand what it means to live with anxiety or depression. "I remember just dreading the moment I would have to tell someone that I was gay." . Live Through This: Telling the stories of suicide survivors.

<https://www.cbsnews.com/.../depression-suicide-risk-young-people-overcoming-ment...>

You can't tell when a mother has postpartum depression, anxiety, OCD or PTSD just by looking at her. systemic panic attacks that ravaged my digestive system, and a lack of desire to live. You can't tell but I was struggling with deep despair, suicidal thoughts and . She is a survivor of postpartum OCD.

[www.postpartumprogress.com/cant-tell-mom-postpartum-depression-looking](http://www.postpartumprogress.com/cant-tell-mom-postpartum-depression-looking)

Every year in the United States, 33,000 people take their own lives. easy to experience, whether it comes without warning or after a long struggle with illness. Some suicide survivors develop post-traumatic stress disorder (PTSD), Experts tell us that in such circumstances, survivors tend to greatly

[https://www.health.harvard.edu/newsletter\\_article/Left-behind-after-suicide](https://www.health.harvard.edu/newsletter_article/Left-behind-after-suicide)

Though death inevitably touches our lives, research shows that many people and lived to tell about it, we know that the primary goal of a suicide is not to end life, but to end pain. People in the grips of a suicidal depression are battling an Many struggle for years trying to make sense of their loved one's

<https://www.psychologytoday.com/...depression/.../understanding-survivors-suicide-lo...>

Many stroke survivors experience feelings of anger, frustration, anxiety, sadness, fear, and hopelessness in varying degrees. Learn how to treat post-stroke [www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke.../depression](http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke.../depression)

As a survivor, I give you permission to smile, laugh, and live – if you feel like it. . or experience any reality beyond the pain and anxiety they are feeling at that moment. In lucid moments, they may have the perspective to see their struggle but when depression or I'm sorry to tell you that it will never be OK.

Live to Tell has 26 ratings and 7 reviews. Lauren Ballard said: Live to Tell Very honest feelings poured out in this book. Well written. Lots of additio <https://www.goodreads.com/book/show/28426378-live-to-tell>

Death or total madness seemed more realistic. .. Today, I can acknowledge the stirring words of a fellow survivor – the truth so well put. Pingback: Bereavement: Things 'They' Don't Tell You | The 2am Letters .. She was struggling with anxiety/depression for 2 years before the boyfriend left her, claiming [www.matthaig.com/reasons-to-stay-alive/](http://www.matthaig.com/reasons-to-stay-alive/)

Depression, schizophrenia, suicidal feelings—too often, these experiences stay private. These speakers who've struggled with mental illness boldly share their stories, his surprise, the more he talked, the more people wanted to tell their own stories. When stress got to be too much for TED Fellow Sangu Delle, he had to [https://www.ted.com/playlists/175/the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/playlists/175/the_struggle_of_mental_health)

As a survivor of . Migraine headaches started then, and increasingly intense anxiety about school. I also had a weapon to fight my internalized stigma, the lingering Could it even lead to suicide, as it had for friends of mine? As anyone dealing with life-long depression will tell you, setbacks happen. <https://www.mentalhelp.net/blogs/a-personal-story-of-living-through-depression/>

The idea that people with autism don't feel strong emotions is a myth: Many of them are vulnerable to depression, despair and even suicide.

<https://spectrumnews.org/.../suicidal-thoughts-alarmingly-common-in-people-with-aut...>

View Shelia Merkel's book, LIVE TO TELL: A Suicide Survivor's Struggle with Depression and Anxiety, on Booklaunch.io—the platform for authors and [booklaunch.io/1001764159886599/live-to-tell](http://booklaunch.io/1001764159886599/live-to-tell)

Fred's 35 year old son had suffered from severe manic depression for over 4 years For suicide survivors, the grief process is particularly long given the complexity of issues survivors struggle with. To facilitate the telling of the story of the death, it is important to create a supportive atmosphere through gentle enquiry.

[griefjourney.com/startjourney/for-those-that-want-to...for.../grief-after-suicide/](http://griefjourney.com/startjourney/for-those-that-want-to...for.../grief-after-suicide/)

At TEDYou, JD Schramm asks us to break the silence surrounding suicide and suicide not to die, is no

[https://www.ted.com/talks/jd\\_schramm/discussion](https://www.ted.com/talks/jd_schramm/discussion)

Editorial Reviews. About the Author. Ben Schwipps Ben Schwipps is an annuity marketing and LIVE TO TELL: A Suicide Survivor's Struggle with Depression and Anxiety - Kindle edition by Ben Schwipps, Shelia Merkel. Download it once and

<https://www.amazon.com/LIVE-TELL-Survivors-Struggle-Depression.../B01A14U7K...>

@ProjSemicolon Suicide survivor. Got on I struggle with depression, suicide ideation and anxiety. Bleuel, a Christian, intends for the organization to offer a message that "Hope is Alive." . Once I was talking to someone while I was at work, she was telling me how no one EVER hires people with neck

[dailysignal.com/2015/07/09/the-moving-meaning-behind-the-viral-semicolon-tattoo/](http://dailysignal.com/2015/07/09/the-moving-meaning-behind-the-viral-semicolon-tattoo/)

Teenagers often tell me that they do not like to talk with their parents about .. dealing with depression, anxiety and suicidal thoughts ever since I've moved schools. .. When I was 11 my dad died and my mom does drugs so I live with . I'm struggling with what could be depression ,suicidal feelings, and i

<https://www.speakingofsuicide.com/2013/05/29/parents-and-teens/>

i've hit a rough patch. and those of you who live with mental illness know how i too have struggled with depression and anxiety for years and can relate to your .

Categories : Uncategorized Tagged : coping, grief, growth, loss, suicide, survivor i ask you what you did in the navy. you tell me stories and teach me lessons.

[bluelightblue.com/posts/](http://bluelightblue.com/posts/)