

Im Fine Help Me GIFs | Tenor

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I'm fine, help me. - I am 1 in 4

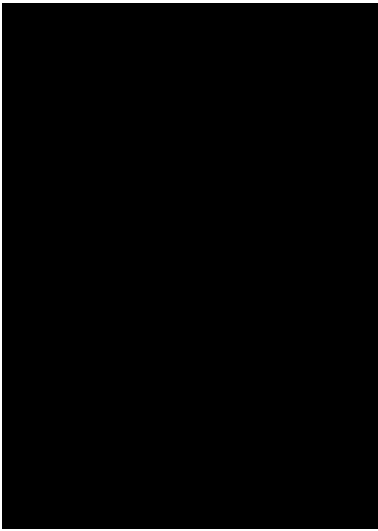
By Anonymous

I've been battling with mental health problems for six years now. Problems?? Why do they label us the ones with problems? We are just like everyone else just a little more fragile. No problem. I was diagnosed with PTSD, depression, anxiety, anorexia nervosa and bulimia nervosa when I was just 12 years old after I watched my dad get beaten to death.

I received therapy from the child psychiatrist after being passed around to numerous different people because I was a difficult patient and found it hard to open up to certain people; after all, this wasn't an easy subject to open up about. Their instant response to 'help' me was to put me on medication. One in the morning and one at night to make me remember how to smile again. But that wouldn't stop me from feeling so alone and I was a kid; I didn't want to be stuck on medication for the next few years. So I just continued going to my appointment, talking about anything apart from what I needed help with and pretended that everything was fine. Because: "I'm fine."

When I hit the big 18, after a long struggle and numerous scary thoughts that I wouldn't make it to this age, I was passed on to the adult mental health team. I'm sad to say they are no help. It took me four months to get an initial assessment although I was on the high-risk form and yet another four months on from that I am still waiting to get therapy, which they recommend to be EMDR (eye movement desensitisation and reprocessing) and CBT (Cognitive Behavioural Therapy). But can you guess what the fix is until then?? That's right, antidepressants and a support worker. But the only thing that is actually helping me is my best friend, razor blade.

I am now at the point where I've given up with everything. Being told that if I don't start eating they will have no choice but to section me, but they won't do anything to help me beat my mental health difficulties. I am just left here like a fly on the wall or a dog strapped up unable to reach his



1. #Im fine help me how to#
2. #Im fine help me movie#

The beautiful upside down ambigram tattoo of "save me" on the forearm is becoming extremely famous. Forearm I'm Fine Save Me Tattoo via Instagram They can also be done by people who are still struggling with acute depression and will act as a form of regular reminder that they can overcome their struggle. These tattoos are quite painful because the palm is a sensitive place and has fewer muscles than places like the forearm, wrist, or thighs. It's like a token of greatness and it's done by people who have overcome many obstacles with the help of therapy. Black ink is the preferred choice and they can be done in the upper or lower palm, symbolically that a person is in control of their mental health. The palm is a place we use to grab things and make a depression tattoo here i.e. This beautiful upside down ambigram Tattoo Design is one of the most beautiful and symbolic tattoo designs. Good luck. Upper Palm Tree Im Fine Save Me Tattoo via Instagram I wonder how many people jumped in front of a train today? Please never give up and never surrender. Please just plough through those counsellors until you strike the right ones. Alcohol is my enemy and I needed a lot of help to battle it. I don't think I got it until my psychiatrist and psychologist reinforced my mental health with mindfulness a practice I hope to learn in greater detail. The only book I have found that helped me was the Happiness trap by Russel Harris and I even struggled with that until I read the paragraph on thanking my mind and the thoughts contained within. I believe Churchill was also a one in four, he said that he would never surrender. I have not experienced cutting but I know it is common. I feel the need to write to you and offer some words in the hope of getting you to cancel that date.

Hello friend, would you believe I am sitting on a train homeward bound after watching and crying at the end of the movie Churchill on a Tuesday night and the guard just apologised for the train delays and mentioned that a poor soul had jumped in front of a train. If you enjoyed this article please share it using the buttons below... I am just left here like a fly on the wall or a dog strapped up unable to reach his bone just praying that I can get the help I need before my suicidal plan date. Being told that if I don't start eating they will have no choice but to section me, but they won't do anything to help me beat my mental health difficulties. I am now at the point where I've given up with everything. But the only thing that is actually helping me is my best friend, razor blade. But can you guess what the fix is until then? That's right, antidepressants and a support worker. It took me four months to get an initial assessment although I was on the high-risk form and yet another four months on from that I am still waiting to get therapy, which they recommend to be EMDR (eye movement desensitisation and reprocessing) and CBT (Cognitive Behavioural Therapy). When I hit the big 18, after a long struggle and numerous scary thoughts that I wouldn't make it to this age, I was passed on to the adult mental health team. So I just continued going to my appointment, talking about anything apart from what I needed help with and pretended that everything was fine. But that wouldn't stop me from feeling so alone and I was a kid I didn't want to be stuck on medication for the next few years.

#Im fine help me how to#

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I'm Fine | BUBZEE

The "Help Me/I'm Fine" hoodie is a fundraiser by BUBZEE leading up to the release of his single "I'm Fine" featuring VSinger "MsRabbity".

All proceeds are going to be donated to the WFMH (<https://wfmh.global>) to support them for all the work they do to help raise awareness for mental health and to help those struggling with mental health.

Read from your favourite creators

below

[Trigger Warning]

Growing up, it is inevitable to get in and get out of relationships and some of them hit harder than others. I've always been a person who's poured as much love to the world as he could and try to help others feel what it feels like to be loved, for who they are, and not what they can do or provide. Being cheated on on multiple consecutive relationships really introduced me into the world of betrayal and trust issues. Details don't matter here, but what emotions you felt and how you dealt with them do. I am regrettably a changed man after my experiences but my outlook and optimism has never changed. I work towards bettering myself every single day and continue to pour love to all the people around me unconditionally, albeit I am more weary with people I surround myself with. Bad things always happen, and they never stop. It's how you take that experience, mould it to fit your growth that matters. Be smart, Be vigilant but never stop Being you. The kingdom is always there, its up to you to stay royal. <3

MERLIN

TWITCH STREAMER @ TWITCH.TV/MERLINJPC

Growing up in an Asian household, it was a lot of keeping up with fronts. Emotions that were deemed "negative" was told that I needed to "not act this way". Not to any fault of my family, everyone's going through their own shit. This led to a lot of bottled up feelings that I'm still working on today. Suppressing only lead to depression and anxiety. The sadness that I would never be good enough if I wasn't perpetually happy and pleasing to be around. This got me anxious about what other people would think and have me constantly worrying if I'm doing the right thing. This spiralled especially during my high school years when puberty was added to the equation as well as other inner demons. It was tough understanding my own changes, nonetheless trying to keep my emotions to myself. I found myself worrying about my future and how this front needs to be maintained, yet also worrying about the past and feeling sad for reasons I didn't know at the time. I've come to understand that I was never allowing myself to be present and just happy being me. I wouldn't have been where I am if I didn't have a wonderful support group of friends and my partner today. I realize, it also takes effort to allow yourself to get help...that was something people don't give themselves credit for, people can offer help all they want, but you have to actively want to accept the help in order to build a support group. I am nurturing my inner child, the one that really wanted to feel safe feeling anything and everything. It's been a journey and I still have more to learn, but I'm getting there! Being open and honest to my parents too, made me realize how much generational trauma was also going on. They didn't know any better, and as time passes, we find our

journeys to be the same...both my parents and I truly, deep down, just want the best; and honestly speaking, we're more alike on this journey than we realized. In a crazy way, we weren't alone on this.

VANESSA

TWITCH STREAMER @ TWITCH.TV/V_NESSAHH

I think a lot of people have suffered from depression and unfortunately it's common. But I realize now it's not something to be ashamed of. My sophomore year of high school I dealt with a boatload of shit. I was r*ped by my best friend who I was in love with at the time. He made me drink alcohol and take drugs so I wasn't sober to make decisions for myself. I used to hate myself for a long time thinking that all this was my fault that I would hurt myself all the time just to escape the pain and the emotions I was feeling. It's still hard to talk about to this day but I'm okay sharing my story in order to help other people through their own things that may be weighing them down. I admit I'm not proud of what I did but I turned my life around and then I found Twitch and met the most amazing people who helped me realize that what I went through is not going to own my life. Long story short (ik this is long LOL) streaming, Twitch, the people I've met have made me the happiest I've been in so long and I love them so much. And I would give anything to help people who are where I used to be mentally and physically and emotionally. I hope this helps someone and shows them that you're not alone. Keep hanging on because something or someone will come and change your life around for the better.

ALLY

TWITCH STREAMER @

TWITCH.TV/ALLYXS_

Mental illness is like a balloon that we try to keep underwater. No matter what it'll always pop back up and appears again right in front of us. Struggling with bullying and suicidal thoughts/attempts, I got used to the dark thoughts swimming in my head and assumed my life was going to stop one day and my problems would disappear. Funny how wrong I was. My mother got pregnant with my baby brothers (twins) and I felt the need to be there for their football games, proms, graduations and more. When things got hard I got into streaming and made amazing friends who now are a huge part of my life. Sometimes I still forget I'm loved, and my mental health goes back to what it used to, but then I sit down and think about how hard I fought every demon in my head and how there's more for me out there. I may have stopped living for myself the night I tried to end it all, but now I live for my loved ones because I can show them the love I never got as a child. You're never truly alone.

SAWCY

TWITCH STREAMER @ TWITCH.TV/MISSAWCY

For me, the saying, "numbers don't define you" is a tough pill to swallow. you are constantly challenged to create content without the feedback or analytics getting to your head. it may seem impossible, but working to get that mindset- that numbers truly don't define you, that is my goal in content creating. not becoming some hotshot- but to be able to allow myself to look at an obstacle positively, and not give up immediately. this doesn't just apply to content creating- look at your life like this. instead of running away from an adversity, overcome it, and be the person you've always wanted to be.

JUNE

TWITCH STREAMER @ TWITCH.TV/JUNEMINERR

To tell a tale of overcoming pain is to tell a tale of patience and strength. I will try my hardest to condense my own story into this one paragraph, as my healing is ongoing. Less than five years ago, I was in love with a man that would beat me, every day, for 3 years. Isolated from any friends or family, I had to endure this alone, with nowhere else to go. After many broken bones and sleepless nights, I had accepted that I was going to die in that household, until I made a single friend. This friend reminded me that I was worthy of something, and that there was some ounce of good worth fighting for outside of my four walls that were now stained with blood. As one aspect of my journey leads to another, I have reclaimed my own life, and am working towards something better. Although my path is not devoid of any moments of weakness, I will never lose hope again. This is something that I will always tell others; to remain hopeful. If you feel as though you are at your limits while crawling out of the pits of Hell, keep pushing. You will meet others along the way that will give you strength, and you might even have a cool story to tell so that you may give strength to others.

GHOSTIE

TWITCH STREAMER @

TWITCH.TV/GHOSTIEGIRRL