

Episode_13_Sam.mp3

[00:00:01] Please be advised we will be discussing subjects that may not be suitable for all audiences and will include subjects that some will find challenging traumatic or triggering.

[00:00:15] Welcome to You Don't Fight Alone a podcast sharing the stories of those of us successfully living with mental illness and how we got here.

[00:00:32] Sam and bipolar and Anxiety disorder. I was in an Abusive relationship not physically but mentally and I lost all trust with him and he just treated me very very poorly. He went from real great to real bad very fast and.

[00:01:02] I also caught him cheating on me or what I think was cheating on me. He never admitted it. But at that moment. I was. Definitely there.

[00:01:14] And then on top of that my grandfather had died and I had a real fun natural disaster that happened to my house. So all of those things in a matter of a couple of weeks for many months I. Just thought about killing myself. Of course. I'm still here thankfully but if it was a everyday thing I mean it was hard for me to get up and go to work. I.

[00:01:46] I also am self harmer and it got so bad.

[00:01:52] I am not a cutter but I hit myself and I always hit myself behind my head or hair so that people can't see it. But I got so bad that I could barely brush my teeth or talk. Which is what I do for a living. Or you know I just. Yeah it was real bad in one night. Specifically I came home. And my boyfriend wouldn't talk to me. He he works out of state but he wouldn't talk to me. He wouldn't do anything he pretend like he was busy but I know he wasn't. And I just lost my mind and hit myself so hard that. This part the I had run out of space to hit myself and it was it was so painful that I hit myself in my eye and didn't even realize it and I woke up the next morning and I was supposed to be hosting a going away party and my friend walked in the door and asked me what had happened to my eye. I had no idea that I had this raging black guy. So that was pretty much the lowest part that that night was probably the lowest part. I just never did anything about it and kept pushing through. A lot of it.

[00:03:31] Was in high school middle school and high school. I honestly I didn't.

[00:03:36] Have an issue from like 21 till 35. There was you know a very small moment but I did really good for super long time. But yeah in high school I. I am from a very broken home and my my mother had me at 14 and my father was in and out of jail my whole life still is. And we were on welfare you know and it was just very embarrassing. But during that time my biggest support system was my aunt and the person I looked up to the most died. Died the day before her wedding. In a car accident. So I think that dealing with that is when my family realized that I did have something wrong with me and that was in third grade which I don't know if you guys know anything about third grade in girls but that is the most impressionable year of their lives. I think that was a a downward spiral very hard in third grade and then fourth grade. But I think after fourth grade it just kind of slowly escalated. They they did put me in therapy. I've been going to therapy since I was in fourth grade. My family has been extremely dedicated to my health and well-being. And yeah just making sure that I'm on track with that always.

[00:05:36] But.

[00:05:38] Yeah. Fourth fourth grade in third and fourth grade was just a rough one for me and just finding out that this is something that I don't think I knew it at the time but it's something that isn't normal. Well that's not true either it's so normal. Just harder to deal with than other people I guess. And you know at that time especially that time I think it's better now that you don't talk about depression you know it is a taboo subject. But yeah. Then it went on to. Moving extreme amounts from third grade to sixth grade. I was in three different states and I think like five or six different schools which also didn't help. I was also picked on because I'm Jewish and I wore my Star of David and in Arkansas. There's a lot of gang members where I'm from and they thought I was repping a gang because they're a gang symbol is a five pointed star in the DIA the Star of David is six pointed star so I would have these fourth graders beating me up every day actually kids younger than me were beating me up kids older than me. I mean and I also was one of the only white people in that school in my grade. There was one other person and that area has got. A very there is a lot of poverty there and we lived in a big house that was in our family that we lived in free but it sat on top of a hill overlooking all the Section 8 houses. Me being this white girl coming down from this big ole house like everyone thought I was privileged and then also rap you know repping a gang. So yeah got got beat up a lot. And then had to go to many different schools on top of that. And then finally I got to the DC area where we stayed.

[00:07:48] For a long time till I moved here. The high school was when I. Had depression and and.

[00:08:16] And by like I would just wake up one day and just be in this amazing mood. And then the next hour I would want to like beat my brothers ass sorry my beat my brothers but who was it. He's eight years younger than me.

[00:08:35] Uh.

[00:08:37] I. I had a lot of dependents dependency issues at that moment too. I dabbled in pretty much any drug I could find which didn't help stabilizing my moods. I also had a issue with not just being high and like happy or really sad it it was more. I'm really happy or really angry and irritable. Still to this day. And that's why I wanted to murder my brother all the time. I felt very strongly that he got a lot more attention positive attention than I did. I also got held back in sixth grade because my. Ah sorry yeah sixth grade my mother didn't think I was ready for middle school and at that point I was going I did live in a very privileged area so then all those kids started making fun of me which was fun. So at the end of middle school and the beginning of high school my because I kept trying to I don't know if trying is the right word. I kept calling out for help by having all these suicide attempts. So they they put me in a hospital. For that for two weeks I got out. I was still a mess so they put me in for another two weeks and that's when they decided to put me in residential. So I had ended up being in this hospital for almost six months which was terrible. I missed a lot of holidays. I really didn't see anyone for six months. We you know I lived in this building. I didn't know what it looks like from the outside which is I have a good story about that one and I was with people who were schizophrenic. You know it wasn't like a whole bunch of different people but the counselors were so amazing and again my family was so amazing that they you know I just I learned coping skills at that point which have been a huge help for me but yeah. So there was there there's. Some funny stuff happening. Back then. At the end of high school my mother. Got married to who is now my stepfather and we lived in this incredible house in this incredible neighborhood that. Someday I wish I could live there again and I think two years into us living there because I was one of those late

bloomers I didn't want to leave the house. We're driving. Where we're driving. Back home from having lunch hours I think yeah having lunch and I catch my catch on me to the right and I look over and I think it said the name Dominion which was the hospital and I asked my mom and my mom is that the hospital I was in.

[00:12:16] And she just kind of she laughed and she's like Are you serious. You. You didn't know that we live right next to it. I had no idea. And.

[00:12:28] Also the residential right after I left the residential program actually got shut down and the reason why is because my neighborhood was too scared that we were going to escape and run run through this neighborhood like terrorizing everyone. And then after that I was babysitting their children. So yeah pretty amazing.

[00:13:14] When I'm really low I can't stay in my house. I can't. Be. Alone with my thoughts. So I go out. And try and socialize.

[00:13:24] But then when I'm socializing I'm annoyed by the people I'm socializing with and all they're doing is giving me love and compassion.

[00:13:34] And I. I mean it's I try not like I can see myself doing it but I can't stop it. And I just hate that I make those people feel that way and then I get sad because of that. And when I get sad because I feel like I have it because I'm also a people pleaser. If that makes it so when I get really sad that's when I hit myself is because I feel like I've disappointed that person or treated that person poorly and that. Yeah just like all that person wants to do is love me in like why am I. Why am I doing this and I have also learnt that hurting myself is what I what I think is me trying to bring myself back to Earth like I'm just like completely gone and I've just kind of lost it. And there's there's the sadness there's a little bit of control in there and then just trying to get myself back to reality. Growing up. I was sexually abused a few times my my my.

[00:15:08] I was a latchkey kid. My mom had two jobs. She tried her hardest but again I was that angsty teenager that was out and about and wherever I could find drugs and alcohol I was there.

[00:15:21] And unfortunately that was part of it. And then.

[00:15:33] Recently. Well about three in a little over three years ago.

[00:15:41] I was very inebriated coming home from a show. I live very close to a venue and my old work and this friend was like I I just want to make sure that you get home okay.

[00:16:01] So he took me home. He walked me home and.

[00:16:11] I ended up locking myself out of a house so that he crawled into a small window to get me in.

[00:16:20] But after that he. Raped me.

[00:16:33] And. That's one of the main things I'm going to therapy for right now. Even though I'm too scared to talk about it with her. But. I don't even though I'm working through it. I don't know.

[00:16:54] That I'll ever be able to see here is like say his name. I unfortunately still see him. Because we have so many different friends. And he is bold enough to come into the place I work every once in a while and I just have to sit there and deal with it because I don't want to tell people that this is that person or even say that I've been raped you know.

[00:17:31] So yes that on top of the other things that I sure shared earlier. I.

[00:17:45] Have the best insurance with the best mental health insurance but I still choose to pay a lot of money to go to this one therapist because she has seen me since I was about thirty three years old. But we were just catching up on things and she mentioned.

[00:18:10] If I had had any of that trauma and I think that is when I spoke about the things in high school and then finally admitted to myself because I was I was in a lot of shame because I was so drunk and barely remembered it.

[00:18:31] But just I can feel his skin on my skin. It's fucking disgusting.

[00:18:58] Have you ever run into a person that doesn't believe in depression. That's.

[00:19:04] More crazy than depression to me. Man that's such a good question.

[00:19:14] Be open especially if you know the person going through the Depression. If you love them just be there for them.

[00:19:27] And know that it exists.

[00:19:32] Reach out for help. Talk about it.

[00:19:36] Don't be scared to talk about it it's terrible. It's terrifying. It's a terrifying subject but. Be strong.

[00:19:46] Don't be stubborn. Grab onto anything you can. That's a positive. That can't. That will be a positive thing in your life and just hold tight. Because it always gets better. And again you've got to deal with the shit.

[00:20:07] Appreciate the good and I tell myself that every day I also tell myself the older I get the more I know I don't know. But it's gonna be OK as long as you allow yourself to get the help to know your worth and yeah to know your worth and to allow yourself to get the help that you need and deserve.

[00:20:36] And that even the people you don't know.

[00:20:41] That are so much better than the people we've encountered as children.

[00:20:46] We'll be happy to help you. I think.

[00:20:52] Yet there's some super great things out there like even a suicide prevention texting so you don't actually have to talk to someone you just text them and they're there in five minutes and it's free.

[00:21:11] Or if you do live in Denver people's house is a pay what you can. That's how I've found all my therapist.

[00:21:19] There's one in Aurora and one down in Highlands. You have to you have to deal. Everyone depressed or not has to. Experience a lot of shit to appreciate the good. And.

[00:21:54] The older I get the more I know I don't know. And.

[00:22:02] I definitely thought I knew it all. Even in third grade. But yeah. Things.

[00:22:11] Life sucks right now but it's going to be better.

[00:22:15] It's going to be beautiful you're going you know the amount of people that are beating you up. You're gonna soon have that amount of people. Just being there and loving you and supporting you and.

[00:22:32] Being great friends.

[00:22:48] People who don't deal with depression. You're very special. You are a rare breed and I am extremely envious of you. I also think with that. Educate yourself. Talk to your friends about it. Be. Happy and encouraging that they are comfortable enough to reach out to you and ask for help. Even though you don't deal with that because that means that you're a very good friend like you don't get it. But they're still reaching out to you because you clearly love that person. But. Education is I think a big thing.

[00:23:30] Even for people with depression.

[00:23:36] For more information and to donate please visit YouDontFightAlone.org. You Don't Fight Alone is sponsored in part by mentally chill an improv team talking about mental illness and how it's so hard but no one likes to bother anyone about it. Be prepared to be bothered. Find them on Facebook com slash mentally chill improv Instagram at mentally chill improv and at Voodoo comedy beginning this September the You Don't Fight Alone podcast is a production of You Don't Fight Alone Inc. Produced and engineered by James Fisher and Keaton Leikam the information presented by You Don't Fight Alone is not intended as medical advice.

[00:24:16] If you have mental health questions please talk to a mental health professional.