

HOW TO SURVIVE DEPRESSION

My name is Micheal Ace, a writer and poet from Ibadan, Nigeria. Few days ago, I got into discussion with a friend, Ayobami Ayanfemi, who just survived depression, following the tragic demise of one of us, Chukwuemeka Akachi. He shared his story with me and how he was able to heal (still healing). Below is our conversation.

So how did it start?

I had an issue recently which made me numbed and ill for a whole month, the solution was like a brick that requires lot of energy to be broken.

I felt so weak, unsure if I would be able to break the brick on time before it became a stumbling block, I asked friends for help, many thought I was not serious, some words hurt my feelings, I felt betrayed, I felt rejected. I knew within me that I was not capable to injure nor kill myself but an unseen force provided materials that could help me end my own life.

Okay...

I acted normally but inside of me I knew I was breaking but no one could feel my pain except **Dipe**, she wanted to help but I told her that I will be fine. She did help me in some ways she could, her show of concern saved my life.

Okay...

Depression is like madness, when it set in, you personally can't tell how you are being affected, only few people will notice you but those few people will leave you to display that madness till you end your life or subside it.

At first I felt Akachi might have been killed but later I sat down and thought about it that no, he did take his life because he couldn't meet his own **Dipe**. Sometimes we only need one person in our lives to understand us.

How did Dipe get to help that others can't?

Persistence in knowing what's wrong and throwing in towel for solution. She didn't just know the problem, she was part of the solution.

No one else was patient enough?

A lot of people wanted to know your problem but none was ready to help or prescribe solution

Does it make a difference what you feel for the person that offers help?

It shows there is someone that truly cares. It shows you ain't alone.

No. I mean, does it make difference if a stranger offers the same solution?

If a stranger offers the same solution, the stranger will become gold to you. Anytime I feel bad, I always tell Dipe. We talk and laugh about it. I'm able to spill out my mind to her even without her asking for it.

So you mean it doesn't matter the emotional attachment. Once the person is persistent enough, they can help?

Once the person is there to help, seriously you will always be grateful that you find a ransom

But Akachi's case wasn't same, according to one of his best friends who knew how it all happened. He had friends that were so close to him.

Smiles. If they are looking for someone who has lot of friends...I'm the one

Okay...

Depression will chase people away from you. You will see them as nothing. You will think less of them. Your close friends will become strangers. They will think you are leaving the friendship zone whereas you are hurting. I still have a friend that told me everyday that I've changed to her. She doesn't know anything about me, all she feels is

that this guy has changed suddenly. : If you read Akachi's last words very well. He said; people noticed him but none of them were able to really come close to see how he's dying.

If depression builds a wall, a shield around you, then you're saying persistent care (regardless of who it is) can break through?

During the stage of depression, you will be in need of someone just anyone to be a shield to you but most people don't see in that state only lucky ones do.

But in Akachi's case, someone must have been there too, trying to get closer, trying to be his Dipe. His friend said he didn't believe in anything. So he hardly believed people love him. He was an atheist.

There would be something he was fighting that he didn't spill out. Besides, He didn't just wake up one day and become an Atheist. I felt that friend of his tried to be his **Dipe** but he failed.

Ayo, what if Dipe had come days later than she did, would she have succeeded?

Things might be disastrous.

So you agree that it might be too late to help a depressed soul?

Yes.

Then I agree you're lucky.

Yes really lucky.

But then, you wanted to survive too. Agreed?

You are right...no one intends to die. Dying is more expensive than living. There is no solace in death.

You gave Dipe the chance to help you. Without you helping her to help you, she wouldn't have succeeded right?

I told her if I tell her my problem, she won't be able to find solution to it. I was even making it hard for her to help, but she stayed and became the solution.

She stayed and you later gave in. Persistent care.

You got it right.

Do you believe in God?

100%

But he didn't help you, did he?

I believed that God did used Dipe as my guardian angel

But did your believe in God helped: the believe that you believed in something?

I saw one of the guy's posts on Facebook that God is dead. I laughed and reasoned that the only help he could find has been condemned. But no one showed to him the existence of God as well. He found it the hard way.

You can't say that. He saw the proof of God's existence everywhere.

But he might not hear it everywhere. Atheists are interested in argument about creation

He did. Atheism is self-denial.

It's ignorance

It's not. They know most of the things theists do. I've had argument with hundreds of them. Most are once Christians. Most were believers.

Well, atheists believe in something too.

Yes, non-existence of God. But that doesn't make them believers.

So you mean you decided to live because you think you owe Dipe that much or because you thought about how she'd feel if you died?

I'm indebted to her. She gave me reason to live. If I let go at any point in time, I will make her a failure whereas she passed, I failed.

Hmmmm

One of the reasons why we have lot of depressed minds out there is because we have few people who truly care. Dipe always tell me things she's facing and how she's enduring, that keeps me strong too.

Did she earned that or you decided she deserved it?

She earned it.

That makes it more difficult to help depression victims. Like you said, very few people care.

Yes.