

Blog #6

4/3/26

### The Bottom Line

Just last week I had an extreme mental health crisis happen under my own roof. A new roommate of mine (less than three weeks) attempted suicide. I barely knew this person but knew they had over a year of sobriety. Which was one of my requirements of a roommate living in my place. This person was doing very well in his recovery and life in general. Had a great attitude, friendly demeanor, was repairing his relationships, worked hard and took care of his responsibilities. And then..... Within two days of him missing work I knew something was up. I took the day out of work to handle some business of my own... and before 10am I was calling the ambulance. THANK GOD I took that day off. Had I not, the three empty bottles of pills and 80+ empty nip bottles would have surely presented me with a dead body to come home to after that scheduled day of work. Just as you're probably asking yourself now, I asked myself what the hell just happened. The answer i got from people that knew him well was more complicated, but i know what the base cause was. He was not being honest with himself and left his mental health issues unchecked. He stopped pursuing the help that was allowing him to recover. he thought he was "all good". This is the NUMBER ONE mistake I see people in recovery make. They stop doing what works for them. They Don't want the extra burden or responsibility of staying constantly vigilant of the status their mental health. They just want to be "recovered" and go on with their lives. I'm here to tell you from experience that this thing does not work that way.... It's not how you recover from mental health issues, It's how you live WITH them. Grief never goes away, your past is never going to change, what has been always will be. But the question is, what do you do with it? Bury it? Have it as an excuse to be angry? Use it as a scape goat to fuck up? Let it control you? -OR- do you learn from it, use it to help others, let the wisdom and strength you gained from survival become an advocate for yourself.

THE BOTTOM LINE IS that if you don't take care of, and be vigilant about maintaining your mental health, you may not be around long enough to recover from it. There is a way out, but it's through, not around. Keep doing what's tough. What's easy could kill you. TOGETHER, there's nothing too tough for us to survive. Alone, that monster inside will eat you alive. Don't "get help", get an army. There are thousands if not millions of people that need you just as much as you need them. Join a group, any group that shares your struggles. If you don't know where to start, I hold one every Friday at 6pm at Narragansett Beach and can help. Hope to see you there.