Twitter Thread by Atharva Kharbade



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It's been 2.5 years now since I'm on antidepressants and many people closely related to me still believe that depression is something that's "just in the head"

Our society needs to seriously rethink of mental health. Our society needs to be educated

3 years ago, during my JEE prep, when I went into clinical depression, no one could diagnose me of it. I had every symptom of it.

I literally got no help. This is not about me, I'm telling this from a general 3rd person view.

Any help that I got was wearing a ring made of horseshoe of a black horse of a specific breed. All the blame was slapped on 'Shani'

I was being taken to orphanages and slum areas so that I could see that my ailments are nothing in front of theirs.

Loads of toxic positivity

https://t.co/v4W2eiOap4

> Yes, \U0001d5fd\U0001d5fc\U0001d600\U0001d5f6\U0001d601\U0001d5f6\U0001d603\U0001d5f6\U0001d601\U0001d606 can be \U0001d601\U0001d5fc\U0001d605\U0001d5f6\U0001d5f0
>
> Before you let your ignorance kick in and make you laugh out loud, try seeing life with a new perspective
>
> No BS
>
> A thread...
>
> Read this if you use sentences like "Good vibes only" or "Just be positive and stay happy"
>
> — Atharva Kharbade (@athrvakhrbde) September 25, 2020

I lived in a PG hostel. I used to go to institute. Used to meet numerous people everyday. But not a single person could diagnose me of any medical condition. Not their fault, even I didn't what I'd been going through

I was tagged as the most negative guy in the institute and people started preferring to maintain distance from me ask they thought I'll take them down with me.

I went from being a studious guy to being the most not-liked one in just 6 months.

Had to face direct insults, as everyone accepted me as a gone case.

I lost all my self worth. Nothing left in me. I accepted myself as negative person and a loser.

Didn't know back then that I was following clinical depression symptoms pattern

The point is, there was no one at rescue. Literally no a single soul, if one is on the path, he/she commit suicide for sure, no way out.

I'm not saying there's not way put of depression, I'm saying there's no one to take you out, or even diagnose you of a condition

If you say there are helplines, they are irrelevant

If you don't even know that you have cancer, how in the world will you call cancer helpline?

As I told you, unlike cancer, if anyone sees depression's symptoms in you, they'll mostly take you to slums to show examples

Yeah, this doesn't happen with everyone in Kota or during JEE prep, (I'm talking about only JEE because it is the only thing in my little life experience), and not everyone commits suicide in Kota

But even if we're losing a single soul out of hundreds of students, that single life meant the world to his/her family

If you say, like few people said to me, that it is acceptable that a handful will give in a huge competition, you should consult a psychiatrist

"You should consult a psychiatrist" is taken as an insult in our society even if its recommend just for therapy or for being on a safer side

If my relatives come to know that I got to a psychiatrist, they'll boycott me and declare me mentally disabled (psycho as they say)

This is the first time that I'm openly discussing this, cuz I've reached a point where I don't care what people from my small town think of me, or what anyone else thinks ill of me

When I came back to my home after quitting JEE prep, narrow minded people here made my life hell. Recovery was as painful as the disease, and so was the mental health stigma

I'd never forgive anyone from those times who contributed to my ailments back then, cuz if I wouldn't have been fortunate enough then, I'd not be here today to forgive them in the first place

I've a thousand more tales to tell, it's just not the right time