

# Top Ten Reasons

**WRESTLING  
WITH  
SUICIDE  
ALONE**

**Stephanie Mitchell  
Hughes**



# 1. I want to protect you.

2. I don't want you to freak out.

3. You have your own problems.

4. I cannot carry your emotional weight, fear, and guilt.

5. I don't trust you.

6. You judge me and don't believe that mental illness is a brain disease.

7. You don't trust me or my ability to manage my mental health.

8. You will call the police or attempt to have me placed on a 72-hour hold.\*

9. I can decide if I am a danger to myself or others.

10. I know that my depression and suicidal thoughts make you uncomfortable.

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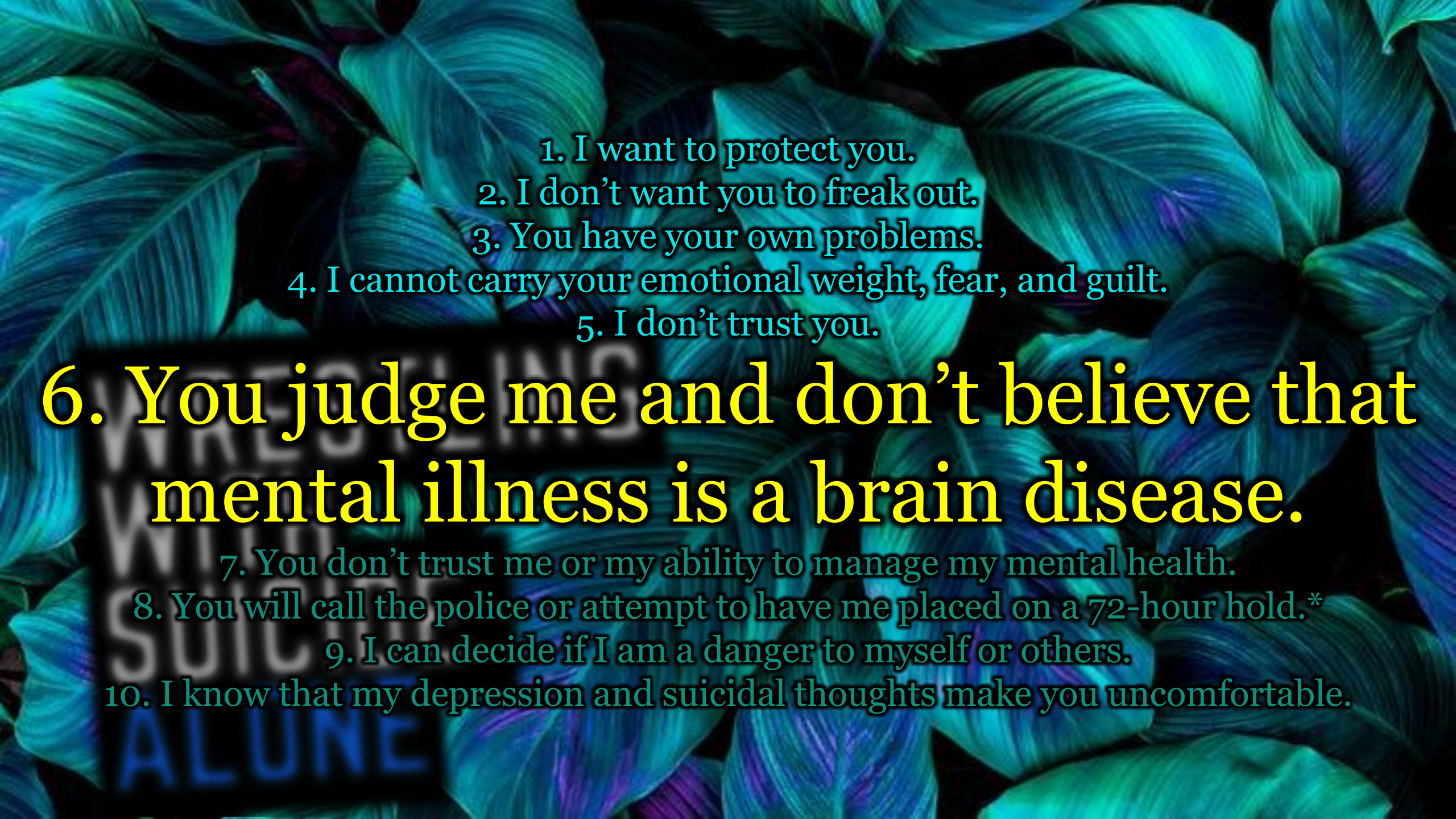
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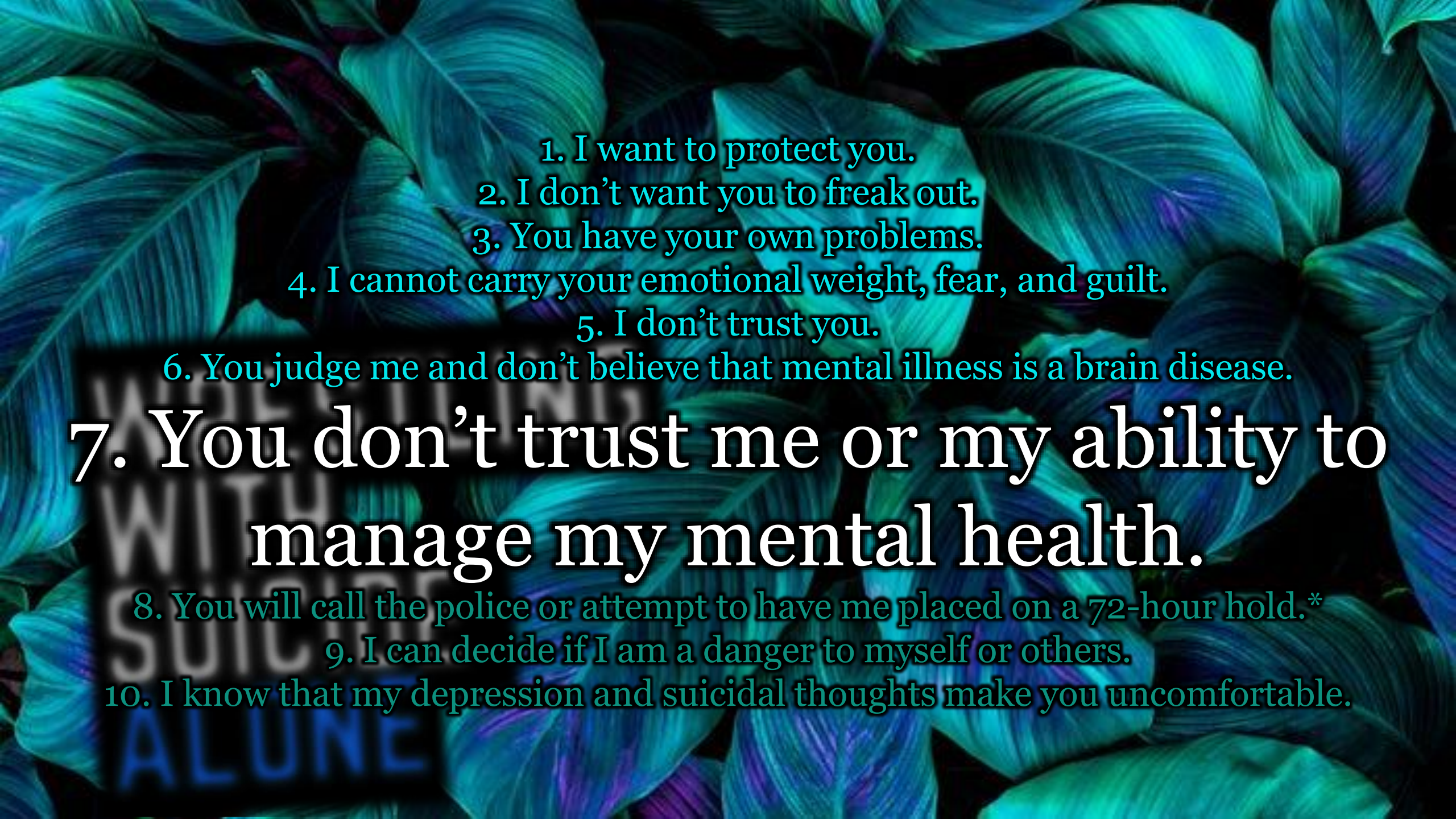
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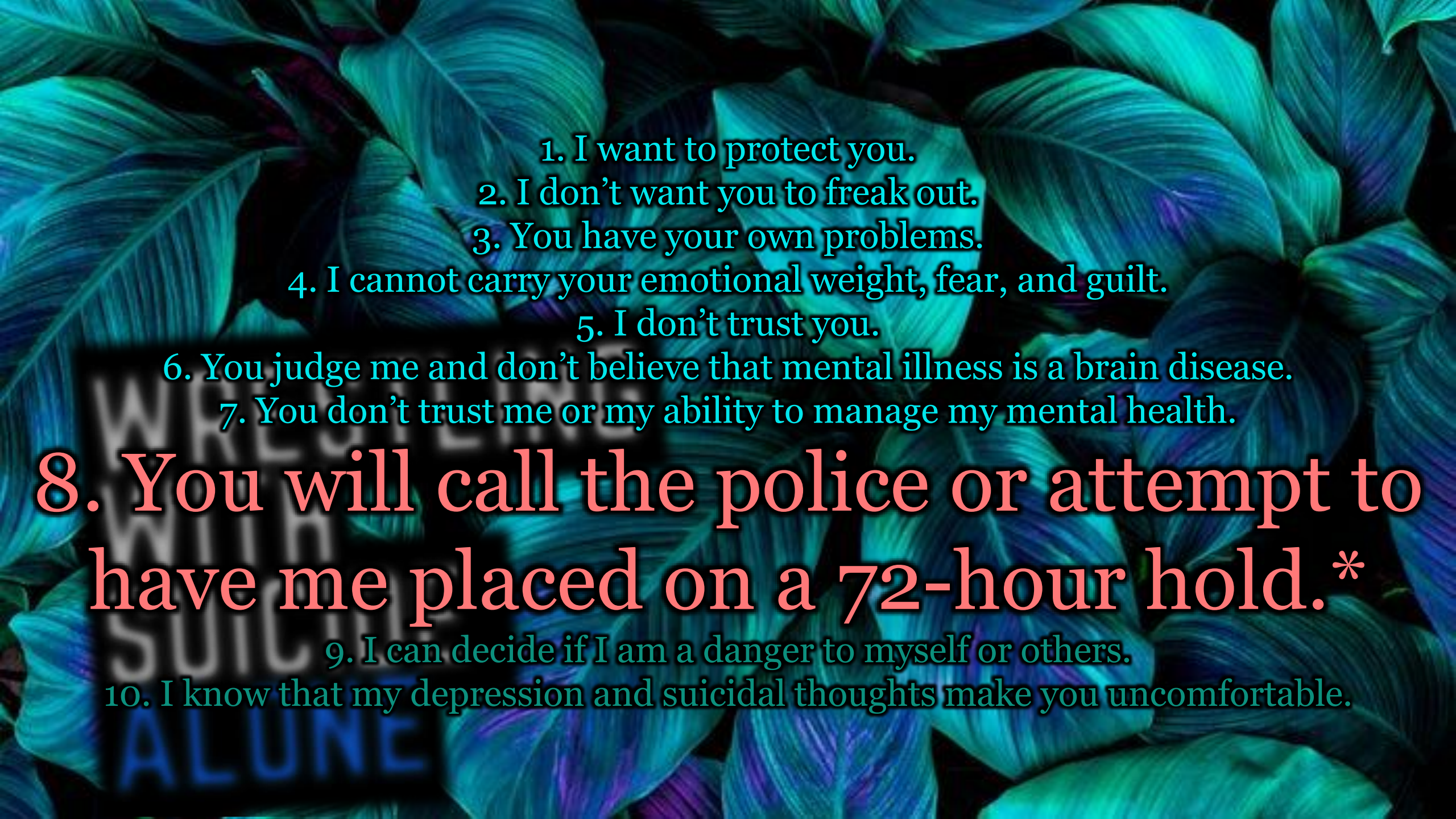
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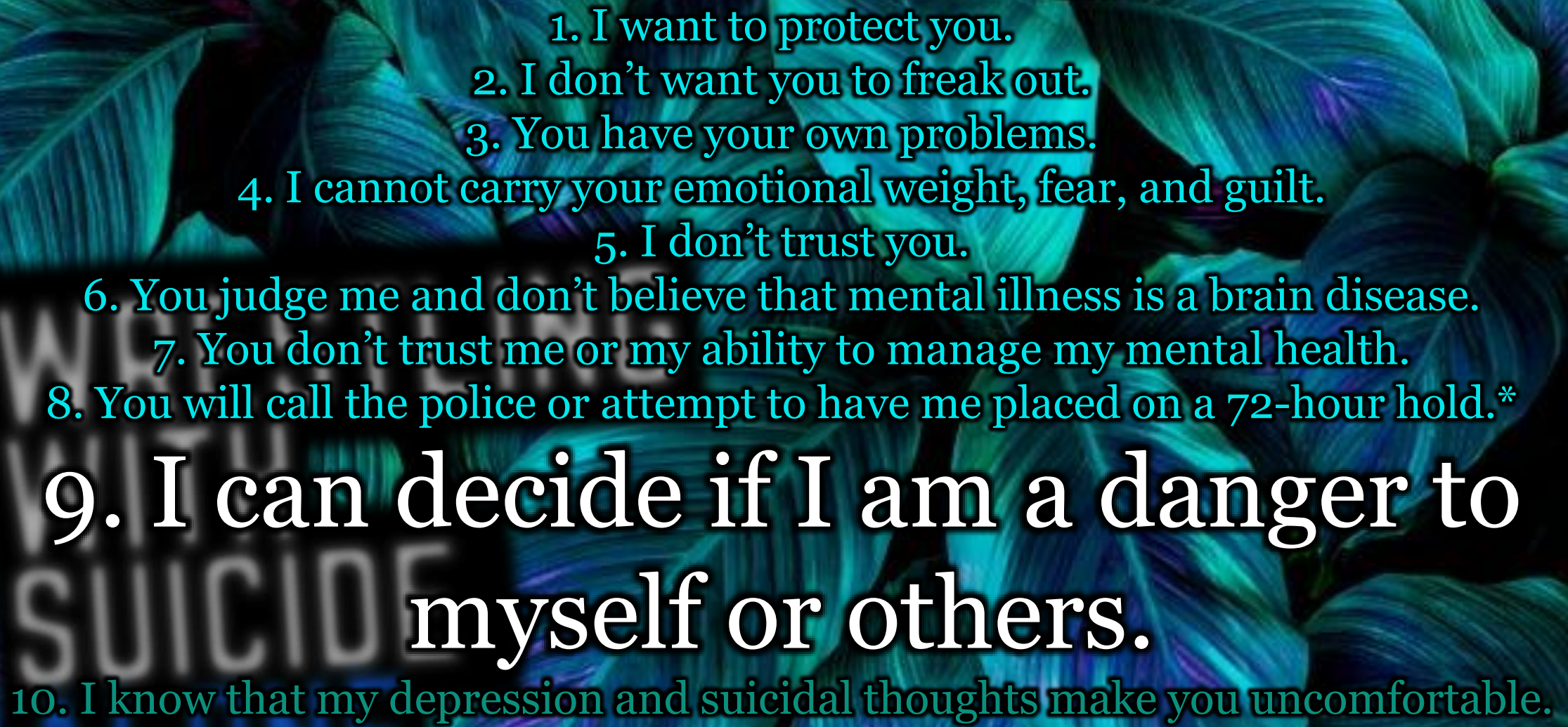
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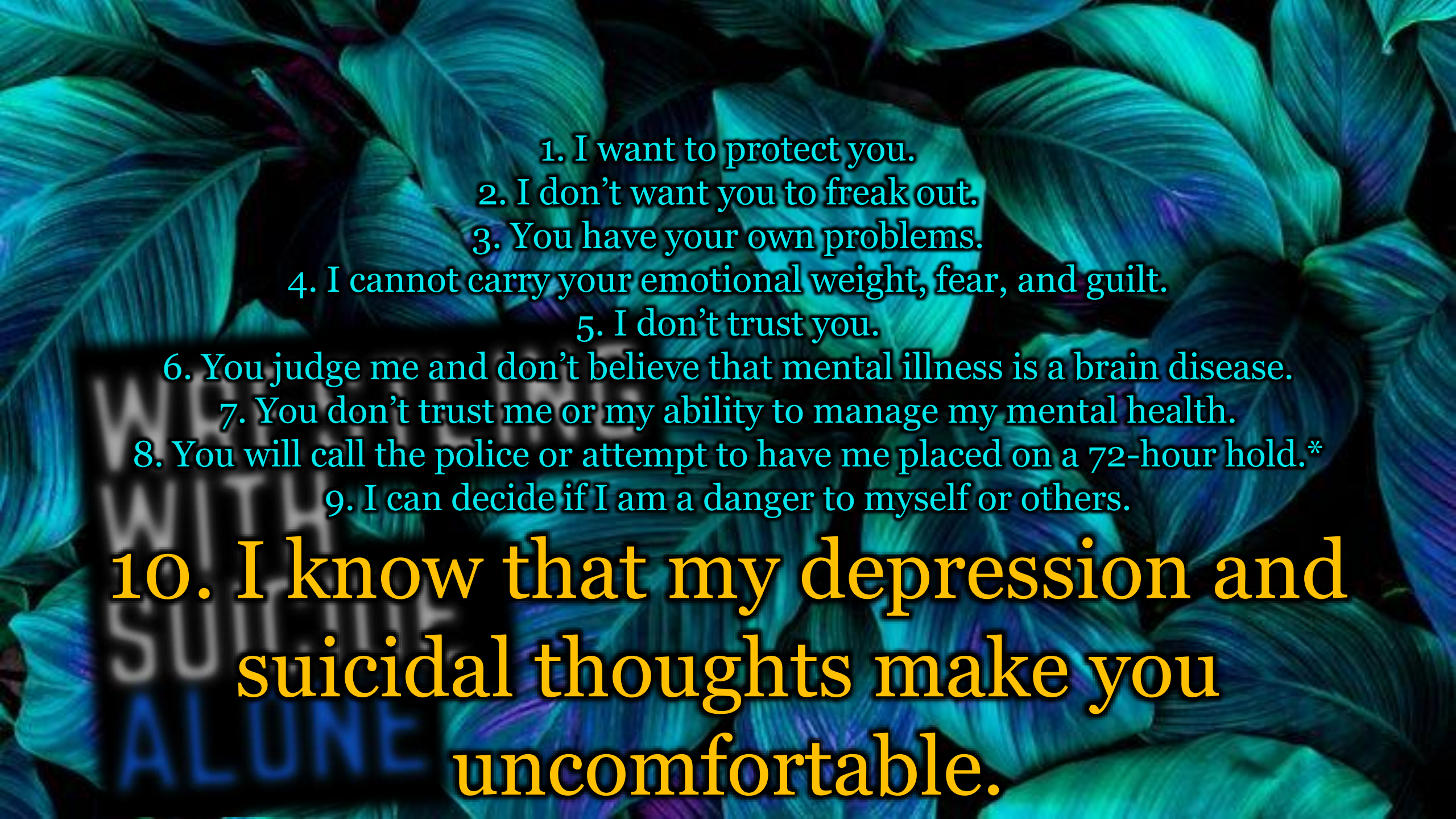


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