

Both questions ring with an unsettling complacency within our society: that those who are physically ill are "sick" and those with any mental illness are doing so because they want attention.

From my flawed perspective, such a statement is true in regards to mental health, but I am not going to be an asshole about it. The error lies in our predispositions towards those that seek attention.

For example, let's say a young woman had recently experienced a traumatic event, was born with a chemical imbalance or has succumbed to stress. Emotionally, she is going to feel like a bag of smashed assholes. Her behavior becomes erratic and she secludes herself from society because she, like us, understands she no longer fits the definition of normal. All she wishes is that somebody, anybody, would pull up on her line as she descends into darkness. Instead of a rescue, people begin to talk. They make statements based purely on observation without forethought. They say she is acting this way because she wants attention.

What an utterly ridiculous conclusion to equate with the mentally ill.

Everybody wants attention.

We're the echo-boomer generation, if we don't get a pat on the ass for breathing; we feel that our life is meaningless.

Maybe life had meaning when the Nazi's were on doorsteps, but this whole social-as-self debacle we have created is a horrible alternative.

I suppose this mindset is a sickness in itself, but I digress.

If you don't think we all want attention, this argument is wasted on you. Go back to being a waste of skin.

Will attention help the mentally ill? Yes.

Will ignoring them help? No.

If a man was on fire outside of your house, would you continue sitting like some asshole explaining to your friend how he just wants attention or would you go out there, extinguish the fire as best as possible, and ask him if he's ok like a decent human being?

Ignoring the mentally ill is the last thing a decent person should do.

Perhaps I am giving too much praise to the decent person.

I do that sometimes.

The mentally ill require attention, not a social stigma that aggravates their conditions.

The equivalent of such conclusions would be the force-feeding of big-macs to a flu patient and being utterly stumped as to why they are not getting better.

Next time you are around the mentally ill:

- 1. Don't be such an asshole.**
- 2. Give them some attention.**
- 3. Don't equate attention with the mentally ill.**
- 4. Don't equate the mentally ill with weakness.**
- 5. Come to the realization that only a minuscule percentage of the mentally ill want to piss on your shoes.**
- 6. Realize that you're just as whacked out as they are, but at least they have the spirit to express themselves.**