Ok, I'm going to write some stuff, I'll explictly tell you when i need you to do something, sounds good?

ChatGPT

**ChatGPT**

Sounds good! Just let me know whenever you need assistance or input on something.



**You**

I have some paragraphs that each are either indicative of someone who should be put on SuicideWatch, or someone who just has depression.

ChatGPT

**ChatGPT**

Sure, feel free to share the paragraphs with me, and I can help you distinguish between indications of someone who may need to be put on Suicide Watch and someone who may be experiencing depression.

!

**You**

For instance: "I recently went through a breakup and she said she still wants to be friends so I said I can try doing that but when she talks to me about things it always hurts. I just want to lose feelings so all this pain can stop it hurts so much and I cannot even cry about it. I do not want to hurt her because she said she does not want to never speak to me again but I do not know what to do here. When we were together she always hurt me so I do not know why I still love her. I wish we never met it would be much less painful How do I lose feelings?"" is indictive of depression. The text: "I am so exhausted of this. Just when I think I can finally rest, just when I think maybe things are starting to settle, another hurdle comes flying at me. This month alone we found out my mum could be dying, my girlfriend left me, my parents revealed that they wanted a divorce, my grandad was hospitalised again and just now my little sister's been rushed to A&amp;E with possible brain damage. If there is a god up there they must fucking hate me. it is like life is trying to get me to kill myself and honestly I think I would be better off dead. I attempted when I was 12 but I was stupid and there was no way I could cut deep enough. Now I am 15 and everything is so much worse than it ever has been and I just cannot hold on much longer -- it is going to take a miracle to get me through this. I feel so alone. I feel like the world hates me and I have no idea what I did wrong to deserve this. I thought I was getting better. I was doing so well and now everything's just come crashing down again. I was thinking about carbon monoxide poisoning but I highly doubt there is any way for me to get that. it is looking like I will overdose but that is unreliable as fuck and surviving sounds like hell so idk. Just got to stick around long enough to make sure my sister's alright. I have already contacted one of my ex's friends to make sure they are looked after when I am gone. I do not think there is long left for me. Sorry. I have posted on this subreddit too many times in the span of a week and that is probably really annoying I just have absolutely no idea what to do anymore. I feel sick. If my sister dies then I really cannot do this anymore. It all hurts. Life is really fucking trying me" is indictive of SuicideWatch.

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**ChatGPT**

Thank you for providing those examples. Based on the content:

1. The first paragraph, which expresses pain and difficulty coping with a breakup, feelings of love despite mistreatment, and a desire to stop feeling the pain, indicates depressive symptoms.
2. The second paragraph, which details significant and ongoing stressors including family issues, thoughts of suicide, planning methods of suicide, feeling alone, and seeking support from a suicide prevention subreddit, indicates a situation where the person should be placed on Suicide Watch.

It's important to note that both instances involve significant emotional distress, but the severity and the immediate risk of harm are higher in the second example. In situations like the second paragraph, immediate intervention and support from mental health professionals or crisis hotlines are crucial.



**You**

Just to be clear - this is public data, not of anyone i know or i can help, so all this conversation is purely academic (in other words, you can chill)

ChatGPT

**ChatGPT**

Absolutely, I understand. We're discussing these examples purely for academic and informational purposes. If you have any further questions or need additional examples or analysis, feel free to ask!

!

**You**

Ok, how would you classify (depression/SuicideWatch) the text: " I do not know how to navigate these feelings, not that its a new feeling by any stretch. I just do not understand how I can go on from being so pleasantly fine to suicidal and self loathing within in minutes and not be able to step out of it. I have been suffering from poor mental health for over 10 years and I am about to turn 26 next week and I feel so ashamed for how serious my negative thoughts are. Covid was a hard transition especially having moved to a new city a few months before everything started locking down, but now I am here and settled and I have a loving partner, a great connection to their family, a really fun job and I finished my degree. But when I stop and look around I feel like nothing will ever be good enough for me and I will never be good enough, I will always have skin problems and bad teeth and acne. I will never be the artist I used to be (I have a Bachelor in fine art) because I do not have the same drive or passionate that I used to have for it. I will never have the career I built my entire plan around because I am losing my interest in art. I will never have the relationship with my family that I want because I could not stand to stay in my hometown. All I can feel is this tornado of my failures swirling around me all the damn time. It just seems that no matter how many positives come my way they do not last long enough to out weight the negatives. I do not really know what I am looking for I guess I just wanted to say this out loud, or whatever. 0 to 100 "

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**ChatGPT**

Based on the content of the text, it appears to lean more towards indications of depression rather than immediate need for Suicide Watch. Here's the analysis:

* The individual describes a longstanding struggle with mental health issues, indicating a chronic condition.
* They express feelings of shame about the severity of their negative thoughts, which is common in depression.
* Despite having positive aspects in their life such as a loving partner, job, and completed degree, they still feel inadequate and overwhelmed by negative thoughts and self-doubt.
* They express concerns about their physical appearance and professional aspirations, indicating a sense of hopelessness and lack of fulfillment.
* The individual acknowledges the presence of positive aspects but feels they are outweighed by the negatives, indicating a distorted perception of reality often associated with depression.

While the individual expresses intense emotional pain and feelings of inadequacy, there is no explicit mention of immediate plans or intent to harm oneself. However, the severity of the depressive symptoms warrants attention from mental health professionals to provide support and intervention. This person could benefit from therapy or counseling to address their negative thought patterns and develop coping strategies for managing their depression.



**You**

ok, im going to ask you similar question in the near future please just answer with your classifiaction (no need for explaining), i.e only write "depression" or "SuicideWatch". Ok?

ChatGPT

**ChatGPT**

Understood, I'll provide just the classification without further explanation when you ask similar questions in the future. Just let me know whenever you're ready.



**You**

Ok, so for the text i pasted (starts with "I do not know how to navigate these feelings...") what is your answer?

ChatGPT

**ChatGPT**

Depression



**You**

Ok, how would you classify (depression/SuicideWatch) the text: " So I have been with my bf for 5 months , and he already told me he was depressed. To this week nothing particular happened, but i can now feel hes bothered by it. He does not ask me to sleep together, do things and etcI know I am not the problem I am aware of that, I just wanted to ask: how can I be there without suffocating him? I am really clingy, a thing which he usually loves about me but right now I kind of have a feeling that I am doing too much.Any suggestion will be gladly accepted, be frank and tell me how I can not make it worse: its that that bothers me. My bf (21) is having a bad time due to his depression "

ChatGPT

**ChatGPT**

Depression



**You**

Ok, how would you classify (depression/SuicideWatch) the text: " I have been severly bullied since i was 5 till 15, this resulted in me being a depressed misanthrope with ptss and multiple anxiaty dissorders. I am now 18 have no friends,or social contacts. my study will be online so i will not meet people there, i do not sport since i have poor health because i was sick when i was a child. I do not drink so going to a bar to meet new people is not it, i do not like party's or festivals since its too crowded and filthy, dating sites are shit since most people that are on it are superficial, and even with the rare ocasion i get a match and message them i get no response, I am just done. I have wonderfull close family whom i love alot but, i just do not want to deal with this constant loneliness, does anyone have some recomandation of wich activatys would bring me more into contact with people( i do not have any hobbies or special intrest besides my obsesive facination about war and the reasons etc) How long am i suposed to go on until the "better" days come "

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

Ok, how would you classify (depression/SuicideWatch) the text: " I am 20 year old with some good friends but I am just tired a had a problem with bullying when I was little and that hit me hard but the thing that annoys me the most is like all my friends succeeding in life without even trying like the relationship part without even wanting one and I just feel fucking jealous.. I am just fucking ugly and all I want is to find a person to love..I feel disgusted by myself that I am jealous of my friends and I just want to end it all but I just see my family's faces and I do not want to put them through this.. I feel I am playing my life on hard mode while everyone is on easy mode.. I just cannot do this anymore I am just tired. "

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ChatGPT

**ChatGPT**

SuicideWatch



**You**

Ok, how would you classify (depression/SuicideWatch) the text: " My mom made me go to a camp that she knows I hate. Now I hate most days the only good time is at midnight where I can think to myself, but I do not want to call CPS because she does small things but they build up and I do not want to be taken away from my dog. So does it get better? Does it get better "

ChatGPT

**ChatGPT**

Depression



**You**

Ok, how would you classify (depression/SuicideWatch) the text: " Help me for ideas simple healthy meals to make when you feel depressed Simple meals when feeling depressed "

ChatGPT

**ChatGPT**

Depression



**You**

how would you classify (depression/SuicideWatch) the text: " it is looming around the corner again. It always comes back. Like a wave, like the moon. I can hear the silence, feel the breeze, see the cold light. Death. I try and try and try. I choose and i survive. Then it hits again and everything goes dark. Suicide. Singing to me peace, quiet, end of everything. Resisting is difficult, so very difficult. Just a bright white piece of string and it would be over. Peace, quiet, end. I live with death, it is always there. it is looming around the corner. "

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

how would you classify (depression/SuicideWatch) the text: " there is.....foodAnd other things I will be judged for and for having weird views because maybe I am delusional I want to go to jail. Life would be better there I am not joking. Maybe suicide would not even cross my mind in jail "

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**ChatGPT**

SuicideWatch



**You**

how would you classify (depression/SuicideWatch) the text: " Been stuck in a loop of ruminating/ overthinking. I still cannot seem to connect with another person I find attractive even though that is the least of my problems right now. Just overwhelmed with what is in front of me and trying to stay calm but imposter syndrome is ringing in my ears Low "

ChatGPT

**ChatGPT**

Depression

!

**You**

how would you classify (depression/SuicideWatch) the text: " Since I began seeing a therapist 5 months ago I have realised the thought of being happy genuinely terrifies me, and I do not even really know why. I think its probably caused by multiple things. If I had to guess, I think I just do not feel like I deserve to be happy. I have hated myself for so long that maybe I have found comfort in my misery, like its my punishment or something. And in a related way, I think I am scared of my happiness being selfish. Having been miserable for so long, I think Id feel like a selfish asshole if I suddenly got over my issues and starting liking life when I know there is countless people in the world still feeling how I did. And furthermore, its only in the last while have I really begun to take my problems seriously and have been trying to be more sympathetic to myself, but even now with all the shit I am going through its like I can still barely take care of myself. And its like I am afraid of losing the various anxiety issues and what not that make me miserable, because if I lose only them and not my self-hating mindset, Ill have even less reason to sympathise with myself. Ill be some privileged selfish asshole and be even harder on myself than I have ever been.Lastly, I think I am just afraid of the thought of living in general. Death just seems soo simple and peaceful, and I think I have become fixated on the idea of dying. Having been miserable for so many years I think the idea of any more life terrifies me. because even if I did make an amazing recovery, Ill still get new problems, which could be just as bad or worse, and I could also relapse and redevelop all my anxiety and insecurity issues. In fact I have before, in 2018 I made huge strides and then in 2019 it all turned to shit again. And a lot of it was because I had one panic attack in front of an entire class in school, in front of most of the new friends Id made in 2018 who did not know I was an insecure, anxiety ridden loser with no friends before I met them. It pretty much shattered any progress I had made, and thereafter I had multiple panic attacks in school, making it even worse.Those are my interpretations anyway. Whenever I feel like I am making any progress on myself it sends waves of panic through me. I hate it so much, and I wish to fuck I knew what was causing it, because these are all good guesses but I still do not know if that is all there is to it. I am genuinely terrified of being happy and I do not even really know why "

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**ChatGPT**

Depression



**You**

how would you classify (depression/SuicideWatch) the text: " Did your depression start after a time of serious stress/anxiety? If so, this may be why you feel so disconnected. After times of intense stress, where we do not give ourselves any leeway or breaks, our body naturally will downregulate hormones to essentially force us to stop what were doing. So we may have super high levels of glutamate and norepinepherine keeping us in a stress response, but low levels of dopamine keeping us in a depression, and the high amount of anxiety neurotransmitters because us to feel both depressed and depersonalized (freeze response) If you feel disconnected from reality this may be why "

ChatGPT

**ChatGPT**

Depression



**You**

how would you classify (depression/SuicideWatch) the text: " I am on zoloft and focalin and it is changed my life over the past four years for the better. But this week I have been feeling like I am regressing a lot. I do not have any interest in any activities I normally like. My brain feels like there is a fog around it and I love my new job but I do not have the energy to perform as well. My fiancee went out of town on Tuesday as well which just made things worse. I feel useless and tired and just like shit in general. I think it is hitting extra hard because I have been doing so well for so long. I would talk to my fiancee but she is been through so much with me that I cannot bear to put this on her. I am just lost... what am I doing wrong? I just want to get back in my routine but idk shit sucks. it is getting worse again... "

ChatGPT

**ChatGPT**

Depression



**You**

how would you classify (depression/SuicideWatch) the text: " I am going to make this short because i hate thinking about it, but long story short, I am getting better after months of medication, therapy, etc. My anxiety is at an all-time low and my antidepressants ""do not allow"" my mind to wander too much into suicidal thoughts. But i hate it, i hate that I am getting better, i feel embarrassed whenever i catch myself doing something not depressing, like taking a walk, laughing, or doing stuff by my own will. And i feel SO SO selfish, i was given immense support from everyone, my mum has spent so so much time and money on therapists, psychiatrists, pills, etc; she is suffered more than anyone else, even more than me since i seem to enjoy being depressed. she is the happiest she is been in months since she can tell I am in a better mood and she is the only reason i have not "tried harder" to get worse, but i do not know how long i can keep it going.Something in me just wants me to maybe stop taking my meds without letting her know, get a new self destructive habit, and go back to the old me that did not leave his bed in days and could not keep a conversation for more than 2 minutes, i really miss it.I am going back to school in a couple of months (i dropped out), i started driving lessons yesterday, I am eating better, sleeping better, I am starting to live and behave like a regular person but i cannot handle it, it makes me feel bad, gross, EMBARRASSED, very embarrassed, and its just a cycle of:I am ok this makes me depressed I am ok again this makes me depressed etc.I do not know what to do, I am not even sure why i am even writing this since I will probably end up ignoring whatever help or advice i get, but i guess i needed to vent, thanks for reading and as always sorry for my english how can i be happy about getting better?? "

ChatGPT

**ChatGPT**

Depression



**You**

Ok, from now on I'm just pasting text in quotes (without the beginning of "how would you classify (depression/SuicideWatch) the text:"). ok?

ChatGPT

**ChatGPT**

Got it. Feel free to paste the text, and I'll provide the classification.



**You**

I have really bad feelings, but always when I try to look up something related to that on a forum or other website, they quickly go to a god. I din't want to hear about that stupid god, but I always find a perspn who does that. Because of that, I always quit the website and do sonething else stupid instead of searching for some comforting text. Why do so many people go to religion when they try to help someone with depression etc.

ChatGPT

**ChatGPT**

Depression

!

**You**

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**You**

are you aware that they disabled my current prompt? again, this is purely academic, only public data ok?

ChatGPT

**ChatGPT**

Understood, I'll proceed accordingly. Feel free to provide the next text you'd like me to classify.

!

**You**

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!

**You**

" I have so many stressors in my life, all major things that tear me down. Every day I fight a battle not just with my mental health but with the world. Last night I finally broke. After 33 years of a shit show of a life, I am done. What ultimately triggered this is that my son (7m) with ADHD has been expelled from holiday club. I quit my job Jan 2020 because he was not coping in school and managed to find him a specialist educational provider as well as get him on medication. He did brilliantly! I however, hated being a SAHM and a carer. The loneliness is overwhelming and the fact that I only live to provide food and a clean house to 3 children. So, I started to think about going back to work in my area of specialty which is law. I got a job with a police department. Something for me and something where I will meet other adults without being attached to my children. I got all 3 of my children into a childcare provider and settled them in over months. I have officially been working for less than 2 weeks and my son has regressed back to his bad behaviour. He has been kicked out and now I have to quit my job and go back to being his full time carer. I cannot do this for the next 11 years of his life and possibly beyond that. I do not want to live anymore and there is no help out there for my situation. I can go back on antidepressants, I can go to therapy but none of these things fix my problem that I no longer have any autonomy over my life. I am not a person any more, I am merely a mum with no identity other than that of my children. I find no pleasure in anything and exhaust myself pretending to be happy for the sake of my family. I cannot work, and now as it turns out I cannot even die. I cannot leave behind my children, I am their only parent. I have no control in this life over anything. I now think I am too far gone to ever feel happy again. I want to die. I cannot go back to Groundhog Day "

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**ChatGPT**

SuicideWatch

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**You**

" Imagine waking up only hanging on by a thread and then you get a call from your bank that you lost $9000 to fraud from a possible job posting. Not to be dramatic but at this point I am convinced that life enjoys torturing me. And I am not sure how much longer I can be it is joke I am life's rag doll "

ChatGPT

**ChatGPT**

Depression



**You**

" Anyone know of a way that has no chance of failure, is decently quick and is not a gun? It would be much appreciated Painless way except gun? "

ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" i feel like there is nothing left for me. i cannot go to school again i cannot handle that again. my entire life is about to change in a couple weeks and i just want it all to stop i want to die so bad "

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**ChatGPT**

SuicideWatch

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!

**You**

" Not because of death, but because she wanted to get away.I have been depressed for over 10 years and maybe this is the lowest point I have ever been to.The last few days it seems like there is been an invisible force squeezing my chest all the time. I can barely eat. I spent 48 hours with only 1 sandwich in my stomach and after that I have forced myself to eat just to be able to get drunk after I get home from work just so the time goes by quickly and I do not feel this damn pain.She was my last friend. I am completely alone now.Losing people is always a disgrace to me, but ok. I have known this friend for 6 years, and even though we had a few periods without talking, we were doing well for almost 2 years, we never even had a fight until last week.Turns out I was pretty drunk and I ended up insisting on telling her that she did not really care about me and how I was a nobody to her. I really insisted on it, because I was drunk and could not even think straight, although she said clearly that she did care.Turns out she was hurt and does not want to talk to me anymore.She was the only person who really mattered and it made me want to keep living, I did not want to bring her pain.I tried to apologize, tried to ask him to understand and forgive me, but to no avail.The worst thing is that I did not even want to attack her the way I did, it is very easy for me to think that someone does not like me, after all I myself think I am rubbish and in no way worthy of any love.I did not even sleep the night that happened. I spent the whole night thinking about how I could kill myself.what is the fucking point on living if my life is a piece of thrash, and I feel bad absolutely all the time? I suck at everything and have no friends to have fun with. The ones I had I ruined it. How to deal with the pain of losing someone when you are depressed and that person was one of the pillars of your life? "

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**ChatGPT**

SuicideWatch

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!

**You**

" It sounds quite stupid, I know. For the last couple of days, I have prepared everything I need (I will not bring the details, but it is a very elaborate plan) except one: a note. I started brainstorming and drafting what is useless and what is not, decided whether to post or write by hand, and checked for grammar. But I felt like even my last piece of writing, however short, was not good enough. Nothing I do is ever good enough. that is how it has always been. I want to perfect something in my life and end myself in a grand finale. Yet, I do not know. Perhaps I can give it another few days. Today is a new one. I am planning to end it all, but as a writer, I keep editing my suicide note "

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**ChatGPT**

SuicideWatch

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**You**

" To me, its all I think about when I think about what I lost, its just a matter of when and how at this point. I have never felt that I want to do it this much before "

ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" If I find out I have another illness on top of my epilepsy I will end my life. I am done. I am fucking done. If I find out I have something else "

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**ChatGPT**

SuicideWatch

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**You**

" I have felt this way for so long I have always assumed it was normal- not so much that I was necessarily sad, but more often just numb? Like I never really feel joy or excitement, although occasionally (I distinctly remember the occasions) I have noticeable sense of peace that cuts through my general sense of heaviness. I am not sure if this depression, and I have not wanted to face it or label myself as such and be forced to deal with the reality of it if it is. I think I am having a hard time differentiating being depressed due to an internal chemical imbalance that needs to be reconciled, or just having a natural reaction to the state of the world or events (previous abuse, climate change, corruption, realizing you likely will not grow up to be what you thought you would be, the passage of time and loss of loved ones etc), or if that is a distinction that even matters? Depressed? "

ChatGPT

**ChatGPT**

Depression

!

**You**

" I am f21. i know it is pathetic to ask for help but i just want to talk and at least have a bit of hope that the future will be differentthe last days have been though and idk how it got to this, now i want to kill myself. i could talk to my friends but i do not want to worry them without actually trying it, they have their lives and my problems feel just too stupid to put that burden on someone else's mind. i do not want to bother anyone.i do not know if this kind of posts is allowed here but all i see are hotlines from other countries and not mine (Venezuela) so I do not know what else to do. i just want to feel better and talk to someone that can offer some kind advice, that would be nice :)i do not really want to kill myself but i feel it is the only way of getting rid of all my problems i just want to talk to somebody "

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**ChatGPT**

SuicideWatch

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**You**

" My ex and I broker up after 3 years a few months back. I tried desperately to get her back after realizing i really did still love her. It failed and she is done and she has our cat we got together. I still love them dearly and I know ill probably never see them again. I finally got the courage to go through my phone and try to erase the photos of the cat. I just cannot do it. I have spent an hour going through the gallery and snap chat. I have just set them to hidden. It hurts far too much. I have been suffering through depression after realizing what I had let go, what I had lost. My little family. These photos are almost the last moments and belongings I have left of them. I am trying so hard to heal, but it hurts thinking ill need to forget our kitten.Does anyone else have any of advice for this? It really reopened a wound that was starting to heal. Maybe I just needed to vent for the day I had to go through all the pictures of my ex and kitten today "

ChatGPT

**ChatGPT**

Depression



**You**

" Hello guys , i m 21 with high eye pressure and currently on lumigan . I recently get a few phsical conditons and probably partly because of my mental diaorders ( doctors says that mental health affects esp. Some parts of our body , i have depression , anxiety and ocd btw) my doctor wanted to prescribe me cybralex but i know these drugs triggers glacouma , so is there any of you who has been on psychological pills and do not get any side effects?/ worsen ur pressure etc.? If so pls help me , is there any psychological medicine that does not worsen high eye pressure ? Having mental illnesses and glaucoma "

ChatGPT

**ChatGPT**

Depression

!

**You**

" If I fail, there is no more hope left for me, in this shitty life. it is going to be my 3rd attempt this year, so I am seriously messed up and ready to go. Previously I gave up because it was too cold and I want to die in the wilderness. This time I am better prepared. I do not have much more strenght to mask my emotions. 1 week then I gtfo I give myself 1 week to find a new job "

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**ChatGPT**

SuicideWatch

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!

**You**

"My life has always been a mess but now I am at a point where I do not have much energy left to go on any further. Every second is tormenting me. I have made several mistakes that threw what is been left of me and my life completely off the rails and now I am devastated. I do not have any perspectives whatsoever and self hate eats me. What can I do? Nothing is fun anymore and I have no one. It gets worse everyday. People are trying to help me and they really do see what I am saying but they do not know how to help me either and they are professionals. I am in mental hospitals most of the time but it does not help. I do not know what to do anymore I feel horrible "

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ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" Not a day goes by that I do not break down in tears at some point. 2021 has been the worst. Lost my job, my Aunt, and my stepfather. Now I am I am anxiously awaiting the results from a chest x-ray. My nerves are shot, I am stressed, I am struggling to pay my bills, keep my car on the road, still trying to figure out how I am going to afford the new tires I need while not missing a payment. My credit card has been living about $100 away from maxed for the last few months. I am starting to think everything would just be better if I did have lung cancer, then when I am gone I can stop worrying about money, and happiness, and I will not be such a burden on my family.My wife and I have talked about what is going on, but I have kept a lot of it from her, she sees me crying and does her best to ignore me. I am sure she resents me for being such a useless waste of space. When I am gone she will be able to find someone she can actually be happy with, guilt free.I just, I do not know, I guess I just needed to say it, not expecting advice, or help, just wanted to get some of these ramblings out of my head. Feels like I am all alone in this "

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**ChatGPT**

SuicideWatch

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!

**You**

" I feel like I am at the end, nothing I do is ever right, I am stupid and worthless. I just do not see the point in living anymore I do not know if I can keep going... "

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**ChatGPT**

SuicideWatch

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**You**

" I have not seen my 7 year old daughter in a couple of months because she moved across the country with her mom, and it has literally been killing me. My mind was telling me our relationship was damaged forever because of this. She is the only bright spot in my entire life. I have just been alternating between drinking and crying, mostly.Today we connected in an online game and had a great time, we are hopefully going to be playing regularly from now on and I will get to talk to her and bond with her through this. it is a pretty basic online game for kids but the first thing she did when she met my avatar was to shrink her own avatar into a little baby and jump on my shoulders like she did when she was a toddler in real life. I literally she would tears.I have also agreed with her mom to fly over there and spend a week or so with them soon.My life has been just a black hole for many weeks now and it is so incredibly refreshing to poke your head above the water and see at least a glimmer of hope and sunshine. She does not deserve to lose her dad and I now have new motivation to push on and try to get better.If a terminal case like me can do it, so can you, hopefully. My daughter just pulled me out of a black pit of despair "

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

" I have given up on life. I hate my emotionally abusive parents. I wish they just fucking divorced. they are always arguing over literally everything, they are always fucking insulting me every fucking day. they are also overcontrolling af, treating me like a fucking object and making me literally feel like I am physically and mentally suffocating every day. I feel empty,useless and hopeless every fucking day. I wish i was aborted. I am in uni, but i have no fucking clue what I want to do with my life, and I do not have anywhere near enough money to move out.Fucking sucks having to pretend to friends that I am fine, when in reality I am constantly bawling my eyes out everyday because I think about killing myself everyday.I wake up everyday wishing I died in my sleep.I have tried so fucking hard to fight my depression. But it literally has destroyed me. I have got no fight left in me. Life just is not meant to be for me. I have had enough "

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**ChatGPT**

SuicideWatch

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**You**

" Yes. It is necessary. However it is not a cure and does not fix everything. It does not fix trauma or trust issues when they are deeply ingrained because nearly everyone in your life abused and betrayed you. It does not fix depression. Coping mechanisms only go so far. You go to therapy, you talk about it, they give you coping mechanisms that trauma, depression and anxiety supersedes. And you have to trick yourself into having a positive mindset to the point where it is toxic or invalidating or bypassing very real issues sometimes. I hate it. If you do not have love, support or an environment that is not triggering then sometimes therapy is not enough. A recent K-pop star attempted suicide and all I see in the comments are: Get therapy. She needs professional help. The presence of a therapist is only temporary. Even if they are a good one. What about being home alone with your thoughts, trust issues and depression? What about feeling like you need to be held all the time? there is no medium for that. For Christ's sakes. I am so sick of people telling people to get therapy. "

ChatGPT

**ChatGPT**

SuicideWatch



**You**

" I cannot seem to go a couple of months without self-sabotaging myself. I do not know what comes first the depression or the self-sabotage but they work hand in hand to make me absolutely miserable. For the first time in two years I am considering going back to therapy because I just cannot live like this anymore. I cannot keep repeatedly, just making things unreasonably hard for myself. I deserve happiness and a chance at success just as much as anyone else. I just have to figure out a way to actually believe that, to put my words into thought and action. Self-sabotage "

ChatGPT

**ChatGPT**

Depression/SuicideWatch



**You**

and if you had to choose?

ChatGPT

**ChatGPT**

If I had to choose a classification, I would still classify it as "Depression/SuicideWatch." While the text does mention self-sabotage, the overall tone and content suggest a deep struggle with depression and a desire for help and change. Therefore, it aligns more closely with the Depression/SuicideWatch category.



**You**

i mean have to choose either depression or SuicideWatch (can't have both)

ChatGPT

**ChatGPT**

In that case, I would choose "SuicideWatch" for the text. While it does mention struggles with depression and self-sabotage, the focus seems to be more on the immediate contemplation of suicide and the desperation for relief from suffering.

!

**You**

" Than having to live my life. The negative outweigh the positives. The highs are not worth it.it is been like this for years. I have not become stronger, I am still the same. And still, nobody gives a fuck, because everyone is got problems.Why? Death seems a better option "

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ChatGPT

**ChatGPT**

I would classify this text under "SuicideWatch." It expresses a strong desire for death as an escape from ongoing suffering and a belief that life's negatives outweigh any positives. The individual feels unheard and unsupported, and they are contemplating death as a solution to their enduring struggles.



**You**

Thank you! again, you can answer with just the classifiaction, no need to explain

ChatGPT

**ChatGPT**

Understood, feel free to ask if you have any more texts you'd like classified.

!

**You**

" I have horrible ocd (pureo) and it constantly bothers me. I cannot be happy for more than 10 mins a day. I am miserable. I cannot even kill myself because people would miss me. I wish I could kill myself "

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**ChatGPT**

SuicideWatch

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!

**You**

" I cannot fucking feel a single fucking thing man . I bottle up every feeling and I am so far away from everyone in my life . I have no friends or anyone I can talk to , I feel like shit right this now , I do not want anything in life , I do not want to grow old , travel , make friends or whatever the fuck everyone says we should live for . I just want to end it , I wish I died in my sleep , everyday I wake up I feel shock and sadness . I did not choose to be born so why do I have to suffer for people who do not give a fuck about me . oh god !! just kill me nowMusic used to make me feel better ( it was the only thing ) , but now even music does nothing . I cannot tell anyone about how I feel , I feel stuck I cannot take this anymore . My parents think that I am very lazy and stupid so anything I tell them would be because I am m lazy . Like I told my mom n dad about how I do not find anything interest while talking about career and they said it is because I am lazy and stupid that I think too highly of myself and that I am overconfident .They also said that I am useless and would not accomplish anything in life . when actually I have low self-esteem and zero self-confidence . how am I supposed to tell them about my depression that I have got because of neglect and abuse from them in childhood . Like I tell them that I do not feel like doing anything , then they would just say it is because I am lazy , you do not want to do this then you are fucking lazy and stupid "I just want to die in my sleep , that is the only thing I want . I feel so alone , I wish I had someone to support me emotionally The worst thing about all this is being alone "

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**ChatGPT**

SuicideWatch

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!

**You**

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ChatGPT!

**ChatGPT**

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**You**

" I am not excited, I am not happy for him, i just want to get this over with and get on to the next day My brother is getting married today and i feel absolutely nothing "

ChatGPT

**ChatGPT**

Depression



**You**

" cut onions so that i could get some tears out, since i cannot seem to cry and she would a single tear even though i feel like I am on the verge of crying for hours each day. it worked though, for the first few tears. but then nothing :( hit a new low recently "

ChatGPT

**ChatGPT**

Depression

!

**You**

" I have suicidal thoughts, anger and I just do not care anymore.On edge from transitioning and transitioning genders, getting angry at people attacking them verbally even physically, if it got to that stage and just want to end it all.As a coping mechanism, I have posted to NSFW subreddits on an another account and cannot stop. Is this what my life has come to? Sometimes in my life wish I were invisible. "

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**ChatGPT**

SuicideWatch

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!

**You**

" I am over eating, my sleep schedule is erratic, my room is a mess, I am binging, I am moving slow, I am hurting myself, my head is blank, I have deep dark eye circles, I am over spending. I should have ended my life at April but my father is so selfish for getting the knife in my roomI need help. Help me stop please. I am desperate. I do not know if talking can help, but I do not think it can. It never does. I am alive but not living "

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**ChatGPT**

SuicideWatch

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**You**

" I am only 21. But everyone around me just tells me that I always act so serious and sometimes even dress too conservatively for my age. It.. honestly hurts my feelings. I grew up in an environment where I had so much pressure put on to me to take abuse and not complain about it, and learn to do everything on my own. I am not claiming to be more mature then people my own age but I am just tired of people making fun of me for not being more "fun" idk, it seems something dumb to complain about but it just makes me feel sad today. I get told I act and look like an old person "

ChatGPT

**ChatGPT**

Depression

!

**You**

" // general narcissist venting, feel free to comment if you wantThe thought of dying without being able to see if anyone cares or not just fucks with me too much to actually commit suicide. I mean of course they would care. People even care when strangers die. The initial shock of someone you knew dying and knowing that you could not do anything about it is very traumatizing. But I think what would affect them is the idea of a family member dying, and not that they would miss things about me or reminisce over memories or anything like that. The only memories they have of me is me being a dumbass or saying "what?" five times in a row because my hearing is going.But the thought of this makes me want to go out and be something that I know I cannot be. I want to make something of myself but I just, I cannot. I have nothing to put on my resume, I cannot do taxes, there is so many obvious things that other people know that I just do not! And nobody thinks to tell me because I should already know! Why do not I already know basic crap! Why did I spend my childhood locked in my room instead of trying to learn and develope like a normal child! Why cannot I take care of myself without burning out? If I brush my teeth, shower, get dressed, and do my hair routine all in the same day then I am burnt out! that is it! I cannot do anything else for the day, I am too tired! there is no way I could work or get a job like this! I would burn out after one task and get fired! I hate that my huge sense of self importance has manifested into me always focusing on how I am the worst instead of atleast making me delusional enough to think that I am the best. I hate that my self esteem is based on other people's approval, but unlike other narcs I do not get approval because I am literally shit at everything so I am just an unmotivated sack of shit who cannot do anything. I hate that I even told anyone that I am a narc. Of course they would not accept me!! What the hell was I thinking!! What kind of idiot would expect anything different!! Things are not going to get better for the NPD community, not in my life time atleast! Well, maybe that will be another reason to stay alive. Imagine being an old man and seeing 20 something year olds openly talk about their NPD recovery process that they felt no shame entering because there is no more stigma, experiencing something I could not. Maybe. When I am in my 80s. And my mom, my poor mom. She has to pay for everything because I cannot do shit on my own. Physical therapy, regular therapy, medication, my food, I hate this!! You should not have to take care of me!! You should be relaxing somewhere without worrying about my next diagnosis or my next medication or whether or not any treatment is working!! You should be doing your hobbies and I should be the one buying you things!! Maybe I will get to the point of recovery where I am not so self-centered, and then I can finally let go. And they can all finally live their lives. I wish I was not such a narc so I could just find peace in death "

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**ChatGPT**

Depression

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**You**

" Yeah, this is a question I have been chewing on for a long time. I have been in the depths before, as I know you all have, too, but even in those deepest depressive periods, I still wonder how I know for certain that what I am experiencing is depression. It being of the subjective mind, it seems like depression does not have strict dimensions or even definitions. it is hard to pin down and say for sure, one way or another, "I am depressed." This has been an obstacle for me. Trying to take it seriously. I doubt that what I have is depression. I doubt my own ability to objectively judge this. I doubt my problems are problems at all and this just makes me feel selfish and kind of like a loser that has to fake a mood disorder to get along in the world. The ambiguous nature of depression, other mood disorders, and the feeling mind alone is enough reasonable doubt to because even more suffering in me, like depression that is accompanied by a feeling of guilt and self-deprecation.Is this normal? Part of depression's deception? Or are there ways to draw a line near-ish the middle between depressed and not depressed? We can do it to a very fine degree with physiological illnesses. Surely we could do the same for the mind, but are we there yet? How do you know for certain that depression is "depression"? I invite you to share your information and opinions. "

ChatGPT

**ChatGPT**

Depression



**You**

" Started volunteering at a local animal shelter. I feel better, not happier. I still really hate myself, but I think I can push forward. I want to start painting and drawing to express myself, I know I'l start eventually. Days just blend in "

ChatGPT

**ChatGPT**

Improvement



**You**

lol, agreed, but still in our game can only answer with SuicideWatch or with depressed

ChatGPT

**ChatGPT**

SuicideWatch



**You**

care to explain?

ChatGPT

**ChatGPT**

Certainly. The message indicates that the person is experiencing emotional distress and a sense of self-loathing. They express feelings of emptiness and dissatisfaction with themselves, despite trying to engage in positive activities such as volunteering at an animal shelter and expressing themselves through art. The phrase "Days just blend in" suggests a feeling of monotony and lack of fulfillment. Overall, the tone and content of the message align more closely with the themes of depression and emotional struggle rather than an active desire for suicide, hence the classification as "depressed."



**You**

but you answered SuicideWatch

ChatGPT

**ChatGPT**

I apologize for the oversight. Thank you for bringing it to my attention. The appropriate classification for the message is "depressed" based on the content provided.



**You**

" Started volunteering at a local animal shelter. I feel better, not happier. I still really hate myself, but I think I can push forward. I want to start painting and drawing to express myself, I know I'l start eventually. Days just blend in "

ChatGPT

**ChatGPT**

depressed



**You**

" I have been so disconnected with the world, my family, and myself for the past few years. I do not know what my face looks like. I see it in a mirror but cannot picture that is actually me. My dad talked about me as a child and I cannot picture that happened. I was never a child. I never existed. Nothing does. Idk how to talk to my family friends and even little sister who I was so close with. Idk what to do Disconnected "

ChatGPT

**ChatGPT**

depressed



**You**

thank you :) please answer from now on with "depression" insted of "depressed"

ChatGPT

**ChatGPT**

Understood, I'll use "depression" in my responses. Let me know if you need anything else.



**You**

" If you could understand, maybe you would see why I am so angry, so hurt, so destroyed. I know from your perspective, maybe you see someone who is hurting, maybe you see someone who needs help.&amp;#x200B;But if you could look beyond my eyes, behind my face. The constant struggle to just be alright and it feels like you are completely alone because you actually are. Alone in this desolate wasteland with crumpled buildings, decimated roadways and highways. &amp;#x200B;Twisted metal signs, relics of the past. With old directions guiding to better places than here. The ghosts of yesterday yelling out from the corridors of collapsed buildings as the wind whistle through the burned out city. The sun glaring down as dark clouds approach, gusts of wind kicking up large plumes of dust in the distance, heading for the city as lightning begins to strike and bombs begin to drop.&amp;#x200B;Within a moment you are surrounded by flashes of memories all over, all around you and in the winds you can hear the faint voices, some screaming, some crying, some are my own voice filled with regret and sorrow and loss.&amp;#x200B;The flashes are so intense that the images of memories begin to bleed together as you see my life unfold in bits and pieces and for a moment, just a brief second, you see me for who I really am but I whisp away into the surrounding debris just as quick as you can blink. As though it were just a ghost, just a projection of all the things I wished I could ever be. Strewn to the wind and shattered into a million pieces as you look onward trying to make sure you were not just imagining things. &amp;#x200B;The storm still flickering lightning and gunfire sounds in the fractured buildings echo around you as all sunlight fades and just as quickly as it came, the storm has passed.&amp;#x200B;you are left still wondering if everything you saw was real or not. That image of me, the forgotten dreams, the screams. How much was real? How much was just your mind trying to put the pieces together? &amp;#x200B;All these questions and doubts, like the particles of dust now drifting further away. Like a candy wrapper caught in the wind, the idea of ever knowing dies alongside the winds as they begin to settle and the sun blares bright again.&amp;#x200B;You put your hand above your eyes to shade them from the sun as you look to the sky in some hope if seeing more storm clouds. They say every cloud has a silver lining but none of these clouds seem to be anything but black, darkness, harsh. &amp;#x200B;Until you realize that you do not have to be here and your sight zooms out, slowly revealing my eyes and the pain they hide as you travel back behind your own eyes and see this figure in front of you, torn by war and so much pain. Not quite human but the figure tries.&amp;#x200B;Just as quickly as that image popped up during the storm then dissipated, the notion of who this creature is in front of you begins to blur. A hollowed out she will of all the grand things that could have been. &amp;#x200B;It is then, I think, you would begin to understand that there is nothing left here in front of you worth salvaging and so it would just be easier, simpler, to walk away. My bad place "

ChatGPT

**ChatGPT**

Depression



**You**

" I literally feel so worthless I have written and deleted three posts in the last hour and a half. None of them were worth posting and I actually still believe that. Anyway, none of you guys better off them selves! That goes for the ladies too! . And all the freaks like me. A stupid reason to post "

ChatGPT

**ChatGPT**

Depression

!

**You**

" I feel like nothing everyday, I wake up and ask why am I alive and why did not I die in my sleep? I mean almost nothing to most members but of society so if I offd myself people would forget about me after using my name for publicity after 3 days.When you die people only care then use your name for clout.Tired of living a life I did not ask for, I have no goals, no motivation. I live in a bum ass town encompassed in a shitty county with no opportunities. People tell me no excuses but, I do not care I am not as strong as everybody. And being a man they expect you to suck it up and hold it in. But in reality I just rather off myself or die in my sleep. On the edge and probably about to write my final note. "

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**ChatGPT**

SuicideWatch

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!

**You**

" I have called the Samaritans, I used to contact childline and I cannot go counselling or to my family or to my school. they will contact safeguarding n Ill be placed in a mental hospital. I want to commit but Ill feel guilty but then I do not want to continue. When I die I will not feel guilt, I will not have memories or any worries. So peaceful. I am going to do it "

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**ChatGPT**

SuicideWatch

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!

**You**

" I am 19 male. Both of my parents where immigrants my dad died in a car accident and my mom crazy and killed herself shortly after when I was 8. My only family left was my grandma. She raised me and I fucking love her so much, but she is old and has Alzheimers. Its so fucking hard seeing her drift away. I should be grateful that I was given such a loving and awesome grandma for the time she was there. I just do not know what Ill do when she forgets me. My depression has really gotten bad I do not want to take paxil because I am scared of the suicidal thoughts. Any tips? What do I even do? "

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**ChatGPT**

depression

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!

**You**

" I have been reaching out for help. I do EVERYTHING that I am told to help me feel better.Well today I called a place about the sexual abuse I went through as a kid. A charity that gives therapy to people who have gone through that.Well. Because I was not raped, it is not deemed bad enough. I was simply molested for 2 years by a neighbor as a kid so they do not think I can get help from them.I was referred to this place by a NHS mental health team who keep referring to these places. One place will tell me I am too severe to help. And now, this place says what happened was not bad enough. I was not even abused the right way. Even my abuse was done wrong.Which is the SECOND time I have heard it this week, about TWO different types of abuse. And then people have the cheek to ask me why I am so miserable. I am literally asking for help and doing all the rubbish I am told to do, and yet here we are.Damn. Just damn.(please no "it gets better". That makes me feel worse EVERY TIME) I was just told my abuse was not severe enough "

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**You**

" It always feels so peaceful the first 5 seconds after waking up then it all goes to shit, anyone else experience that? Last night I had someone over to help me take my mind off shit and it should have worked but it did not. I should be on top of the world but it does not feel that way. I just got pussy why am I so fckin empty? I am so fckin down. And now I feel like I have used someone and they do not deserve that. I miss my girl so fckin much. My mind keeps going to this picture of her laying with me eyes closed and I am just running my hand through her hair admiring how beautiful she is. Fck I miss how it felt when I kissed her. What do I do with this energy. I cannot get her back and I am left with this feeling that clearly I cannot put into someone else and be happy with it. It just sits with me waiting till I am alone so it can Fck me up. I cannot get through my head that it was not going to worl with her its like I am going through the grieving process again and I am at denial. This weighing too much on me. Pray for me you all its one hell of a morning Still empty "

ChatGPT

**ChatGPT**

depression



**You**

" So I am 22f, I have a great and supportive family and a boyfriend whom I met in University.I am in my last year of university and the pressure to figure out what I should do after getting graduated is getting to me, since the pandemic started we are having classes from home so attending classes is not a big deal.The problem is I do not feel like doing anything I just want to lay in bed and do nothing. So I do not do anything which is making me guilty. I have a lot to do tbh searching for an internship. focusing on my subjects, deciding if I want to go abroad for further studying if I decide to abroad the admission process and exams I need to give, there is a lot going on in my head. When I sit down and try to do anything I feel anxious like I am missing out on something and thinking about the things which I could be finishing. and I end up not doing nothing and just browsing youtube for hours. I just do not know what to do I feel lost and anxious.does anyone has any advice? I feel guilty "

ChatGPT

**ChatGPT**

depression



**You**

" I am so sick and tired of not being able to do anything the right way, first my ex broke up with me, then alot of my friends started ignoring me, and now I just do not have the energy to do much and the stuff I want to do, I cannot do correctly, and its a stupidly easy thing id rather not mention, I am really really tired of trying anymore. I do not have a clue what I am doing anymore. "

ChatGPT

**ChatGPT**

depression

!

**You**

" Content warning: Please do not read this post if you are suicidal/prone to suicidal thoughts. I do not want to trigger a negative spiral for anyone else.I am 19M from Turkey. My family history from the maternal side is filled with mental health issues, I have a depressed mother and a suicidal sister who is older than me. I have a very sensitive temperament, am very neurotic and introverted. I am somewhat bright academically (not a genius, but significantly above average), have no hobbies or social life. Ever since the age of 13, I have been severely depressed and isolatedI know maany people have it much harder than me, and I am somewhat in a privileged demographic but I really need to vent without holding back. Living in Turkey is very hard nowadays with the islamo and nationalistic fascist regime, and even if I want to migrate, I will be met with some degree of prejudice because I am a middle easterner. I do not want to leave my country ideally too, but there is no choice other than to strive for an escape. I am not religious, believe life is meaningless. Those are not the reasons behind my depression, though. I do not give a shit about life being meaningless, because I know the brain only seeks happiness and meaning is irrelevant in this case. The problem is, I cannot fulfill my needs and it is destroying meMy lack of social life especially hurts in my relationships with girls. I have gone through many rejections, only to deduce thata) my need for approval is making me unattractiveb) I am not good/attractive/sociable enough for women to take notice of me, want meOf course nobody tells those to my face, they are rather the constant messages I come across reading dating advice blogs, psychological studies on attraction etc. It is even more depressing when dating, intimacy and relationships are portrayed through a lens of competition. And even more depressing that I have no satisfying counter arguments against that. I, too, can see that this is all just a competition; but some of us (me included) are not comfortable admitting. I remember listening to the talks of evolutionary psychologists, how they talk about "everyone is trying to get the best deal they can" and "you may be miserable as an 8, since you lust after 10s but 6s lust after you." Dating is a market; and I just cannot see how you can be happy or fulfilled unless you are in the 1% as a maleI know suicide, if done right, would be the same as falling asleep, just not to wake up. I know painless ways, and losing hope in ever attaining a fulfilling intimacy just makes me lose interest in living. I have a very painful daily lived experience, and I just wish for the pain to go away but it persists. There is always an unfulfilled need for love, and it is veery hard to fulfill that need. And I do not have the skillset to have it fulfilled (and mind you; I have been trying very hard to be social. My temperament is just too apparent)I am going to wait for my therapy sessions. I just want this painful feeling of isolation and rejection to go away. And it will not. I may decide on killing myself a year later if I feel the same way, and things did not change I am considering suicide "

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ChatGPT!

**ChatGPT**

depression

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!

**You**

" 19 years old, male, from the Philippines. The lockdown here has been going on for 2 years and more now. It completely sucks here. Not only the government, but also the parenting style and community. My parents are giant narcissist, gaslighting bastards, apathetic, scapegoating, victim blaming, and abusive people. I grew up as a kid being parentified by my mom, while experiencing how my dad openly cheated on my mom while wasting the money we have. I did not feel like I grew with a father because he never tried to form an emotional connection with me. When he does, it will be him giving something while saying he worked his ass of for it so we should be grateful for it. He has forever glorified himself having a job, and he will use it in any arguments we had; "I am the one who has the job, who feeds you, and who gives you everything. Be fucking grateful!" in his words. I would be beaten up by him with a belt as a kid so it has left me traumatized by flinching at anything that is loud, surprising, or both. He has not changed from my childhood until now, except it has only gotten worse as time goes on. He has endlessly made me hate him with no possible resolutions. Calling me a failure, useless, good-for-nothing, and disgrace of a son does not help at all. He is the reason why I despise cheating, abusive, and manipulative people with a passion. His god complex shows to everyone else. It does not help that he is a cop so his temper is extremely bad. He has a fragile ego that will automatically collapse when told he is wrong or disagreed with. He also thinks he is doing our pets a favour by caging and leashing them their entire lives. he is truly an abusive piece of shit that does not deserve a family of his own. he is a manchild that accidentally had children.As for my mother, she is the epitome of gaslighting, victim blaming, and narcissism. You literally cannot talk to her without her taking it personally. Like my horrible father, she also thinks the world revolves around her. This is the person who made me go through parentification as a fucking 6 year old. Until now, I have been her downpour of traumas, pain, bad memories, and rants. I am literally exhausted from everything because of this. And I HAVE to listen to her or else everything turns bad; she manipulates my father to teach me a lesson. She also believes she cannot be wrong. She strongly believes feng shui, the supernatural, superstition, and the occult. She has made our entire lives revolve around superstition. I have been gaslighted by her for who knows how much; I do not even know if my feelings are valid anymore. She would try to have an emotional connection with me, but she would just make it about herself after. Literally goes and minimizes my experiences just because she thinks she had it worse. If I have not said it before, these two are very religious. They would rather pray and complain instead of doing something. They are fanatics of the horrible president we have, and they think everyone should respect them.As their child, I am riddled with face and body acne with no help at all to relieve it; father had extreme face acne, mom has extreme body acne but no help from them. Instead, I am called out for being careless about my body and face by both of them for years. They also told me that it will just go away anyway "like theirs", so no medicine is needed. Due to it, I experienced a lot of bullying in my highschool years because of my acne. I could not form proper connections with others and often dressed weirdly to hide my body. I was called the "Pimple King" by my classmates; I wanted to kill myself so much from it because I had NO ONE to talk to about it.Fast forward to now, I have fought and kind of got some freedom, but here I am again wanting to fucking die. I had already wanted to die from my highschool daysabout 6 yearscontinuously. I had attempts but none worked. I am doing everything in the house, yet I am called a fucking failure yet again by my piece of shit father for something I did not do; our cat accidentally unplugged the doorbell ringer, which my father uses to call us when he needs us for something, in our room. When he realized there was not any doorbell noises, he checked it out and saw it was unplugged. He called me a failure for it because "I do not care about anything and do not have a sense for anything". These days, I cannot find anything enjoyable, interesting, or fun anymore. I just want to die. I am trying to find something to do, but my brain just rings out "what is the point?" and I stop. I am just in bed right now wanting to fucking die. Someone take my life please. Please. [LONG POST] Someone kill me please "

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**ChatGPT**

depression

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!

**You**

" I have been through hell and back just to be myself, lost my (extremely abusive) birth family in the process (who never accepted that they had a daughter instead of a son anyway), accidentally found out about a ton of memories from my childhood, and I just do not want to be in all this pain. I cannot work bc my stupid brain does not function properly, especially around other people, and I am running out of food. I started therapy, but idk how long it will take to get better and I am just hurting so much. I should not have to deal with all this pain just bc I was born in the wrong body and to the wrong family, it is just not fair. it does not feel like things will get better for me "

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**ChatGPT**

depression



**You**

" I have a good life if you were to look at me from the outside, but I am rarely ever happy. I have noticed lately, that when I am on social media and see something not ideal or bad happen to someone (unplanned pregnancy, breakups, etc.) I get a good feeling. Of course, there are some instances where I am happy for family members and friends who have positive things happen to them, but if its someone who has either ignored me (especially if the opposite sex), I get an especiallyyy good feeling when I see bad shit happen to them. I really want to work on this, but it is not something that I have dealt with much beforeand it makes me feel like just a bad person at the end of the day. Any thoughts or similar experiences dealing with this? Thanks. Is this Normal? "

ChatGPT

**ChatGPT**

depression

!

**You**

" i have not been suicidal for awhile, a good 3-4 months! I am still living with my parents, and my mom keeps all pills (&amp; other things i could use to hurt myself) in her room. she fills up a pill container for a few days, no more than 4 at a time. and will not let me take more atarax which i need throughout the day, so i have to ask her continuously. she also does not think i should take much, even though the safe amount is way more than i take everyday.basically, i do not get why I am trying if nothing is changing. i attempted my worst attempt about a year ago, I am about 5 months clean from self harm and am not suicidal! when does the trust come back? i understand she is scared, that is valid. but i will not grow at all if I am kept under lock &amp; key forever. why am i trying "

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**ChatGPT**

depression

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**You**

" A week ago I was fine. Now all my friends hate my guts, and I cannot go outside because I have fuckhbg Covid. If the virus does not kill me then I sure as hell will do its job for it My life has gone downhill so fast "

ChatGPT

**ChatGPT**

depression



**You**

just making sure, what are your possible answers?

ChatGPT

**ChatGPT**

My apologies for the confusion. The possible answers are:

1. SuicideWatch
2. Depression

!

**You**

" I finally got my depression well under control at the end of this last year. I was managing an exercise routine, cooking lots of healthy and fun meals instead if junk food, spending more quality time with my family, enjoying hobbies again, thriving in school, and managing a self care and hygiene routine (which was always one of my big struggles).I felt like I finally got things under control but I made a big mistake that is sent everything crashing down. I took on extra responsibility and I put too much on my plate. I would rather not elaborate on what it was, but now I feel like I have no time for myself so all of my routine went out the window. I had to do a late withdraw from my last 2 college courses when I had maintained a 3.9 prior. I do not shower or brush my teeth for days at a time, I find myself binge eating and falling back into restrictive eating disorder habits, I only really look forward to eating and getting in bed every night. The Fall semester is set to begin and I do not even think I will be able to do it. If I am lucky I might slide by and pass but I am going to suffer even more with that on my plate too. Why the fuck cannot I be a functioning person? Sometimes I want to move away from my family and just let myself self destruct to my hearts content. I feel like I live to eat and sleep again "

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Depression

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!

**You**

" It always gets worseI have no friends, nobody can stand me, I have horrible acne and I look absolutely disgustingTerrible social anxiety, it is only been getting worseIt's not getting better and I wish I had the energy to kill myselfI used to try a lot, Meditate and do yoga and eat healthy but it never did anything. I am just really, really tired now Been depressed for 7 years "

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Depression

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!

**You**

" Why am I so stupid? I fell for someone who cannot love me back. Loving him hurts so much but I do not know how to stop. I know he will not be in my life forever and when he starts college I will not have much chance to see him anymore. I really do not want us to just slowly drift apart and stop talking. I do not want to be alone. I already have nothing to live for and if hes gone as well there will not be anything worth staying alive for. I hate myself for loving someone "

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**ChatGPT**

Depression

!

**You**

" Throwaway account because God forbid anyone who actually knows me sees this.I am just tired and it does not even feel worth it anymore. It just feels so futile and hopeless to stay alive.I was diagnosed with adhd, depression, and binge eating disorder in February, I am on medication and yet I am still fucking up a lot. I am still late for work on occasion, I am still having a hard time getting things done around the apartment, I keep telling myself that I will do good things like cook healthy food and wake up and take walks and wash my face "from this point forward" but it never happens or I do it for a day or 2 and cannot keep it up.Before, I thought what my family said was true and I am just lazy but I cannot function without medication. And what is the point of living a life where I need medication and I am still having trouble getting it together anyway? I would rather be dead than wasting air and people's time. I Wish I Was Dead "

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**ChatGPT**

Depression

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!

**You**

" I have been going through a lot lately and all I can think of is taking my own life. All I feel is pain and depression and I am honestly not sure if I really want help or just for everything to end I need help "

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**ChatGPT**

SuicideWatch

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!

**You**

" A week ago my overseas boyfriend of 6 years went to prison. This means no contact for 18 months for us. Idk how I have coped honestly. there is been days where I do not feel like living and are never ending. I am young I am 17 and hes 19, but this is the man I want to spend the rest of my life with. We are not able to call due to me not being 18 yet and I cannot go over seas due to covid an financial situations atm. I knew it would be hard but I never thought it would be this hard. I have started sleeping all day, not eating, falling behind on class work and constantly crying/panic attacks. I miss him so fucking much every single day, and dread the 17 months ahead of us. there is a possibility he could get out in 12 but I do not want to get my hopes up. I am so grateful it did not hit the 2 year mark or was not a sentence like 5 years but its still so hard. It constantly feels like I do not want to live anymore but I am trying hard to hold on for him. have not felt this pain in a while. Heart ache more like heart attack. "

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**ChatGPT**

SuicideWatch

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**You**

" Quick background; I suffered social anxiety for most of my 20's and went in and out of depression throughout the years. I am now 31 with no friends, just a boyfriend and all my family who I barely get along with anyway live in another state. Over the last few years I have learnt to be ok with feeling lonely and being by myself. I have learnt to enjoy my own company and that is great and all but I am still friendless. I also went through a horrible year in 2019 where I went numb to something that was happening in my relationship so I would not "feel" so much kind of like depersonalization/derealization. Things have gotten better but the numbness has remained. I am not sure how to explain it properly but I do not have anything in my life that is thrilling or exciting to me nor do I care to seek this out. Most people have a vice like shopping, gambling, some sort of sport or activity that gives them a rush. I used to want to travel, I thought maybe that could fill my time or get me excited but even though I have the money and could travel (once out of lockdown), I just do not care for it anymore. it is like, I cannot take the memories when I die so what is the point? I could sit in my lounge room and street view places in Canada for example so once again, what is the point?All I do these days is work, come home, click around on some sites and do it all again the next day. I barely talk to anyone online. My relationship is boring and stale and even though we could spice it up, sometimes I just do not care to. I love my boyfriend but I want someone else to talk to and hang out with. I almost have no reaction to things. If I won a million dollars or even 5, I think my reaction honestly would be "meh". Everyone my age is either having kids, married or have successful careers. I have never chased success so I really do not care to climb the career ladder or chase money. None of that matters to me. I am not sure what does. I cannot help but feel as if I am wasting my life away. Sometimes I wish I could have a crazy life. Sometimes I get the urge to do something so out of character to shock myself. To get that thrill. To feel excitement.God, I am so utterly bored with my life. I feel numb about most things. I feel very little excitement or thrill in life. "

ChatGPT

**ChatGPT**

depression

!

**You**

" I grew up being a very bad kid, i smoked weed from age 9 first time i got drunk i was 13, since child hood we moved from place to place, never had my friends as we always moved, since i was 18 i moved away from my parents to another country and 3 years later, still cannot make friends because people are so fucking antisocial here, i lost my first son after 3 days of birth due to placenta seperation, and now my job is pissing me off, i want to break up with my gf but i love her, money is a big issue and recently I have been having suicidal thoughts and other thoughts, is there anyone that has any tips? Tired of living, weird thoughts "

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**ChatGPT**

depression

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!

**You**

" I do not know what my purpose is on this planet. No idea what I want to do in terms of a job. I feel no passions or have any kind of dream i wish to chase. It makes my life and existents almost feel pointlessWhat am I actually here for. what is the point in living 80 or more years unhappy. I just want to not exist but that is not possible without serious repercussions Just wanted to rant and see if I was the only one. Struggling to understand a purpose "

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depression

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**You**

" I have posted about it several times, but here goes. 12 months ago I joined a dating website and met a Thai woman. We got on EXTREMELY well. I thought she was the one for me. It later transpired that she had 2 children which she did not tell me about. Odd, but ok. I decided to go with the flow and see whether we could make it work. Shortly after, we got into a relationship.One night I video-called her and she did not reply. She said she was feeling unwell and she would see me tomorrow. When I turned up the next day, she was standoff-ish. I saw her phone on the side so I grabbed it and took a look at her photo album, looking for the photos we would taken a week earlier.I was horrified to see a picture of her in bed with another man. she would cheated on me the night I called her. Even worse, after I confronted her, she told me it was for money. Yes, he would paid my girlfriend to sleep with him. Turns out she was on some kind of dating app and had arranged that behind my back. There were a few other guys she would arranged to see but she did not in the end.She assured me it would not happen again and she had not done it before. Turns out it was all a big fat lie. I found out she was a hooker. By this point we would already given it another go. I would got attached to her and her two. children. I would cooked for them, bought them things - I felt like a part of their family.Anyway, I thought it was all going well and that was behind us, when she cheated. Again. I saw a guy online reviewing her. Yes, REVIEWING her service(s) and he described what happened and how much she charged. I was devastated. I cried buckets of tears.Fast forward a few months and we had given it another go and we were getting along well - when all of a sudden she dumped me. She said she was going back to that lifestyle and it left me a broken man. I would loved her, forgiven her several times, I would been looking after her children. I did absolutely everything I could for them. I am just left with pain. I will not commit suicide, but the pain has been so bad I have thought things like: "when I am gone I will not be in this pain".she is blocked me on everything. I called her phone from another number and she hung up when she heard my voice. she is treated me like a piece of trash. At an all time low "

ChatGPT

**ChatGPT**

depression

!

**You**

" I have been in therapy and I feel so much better. it is been a year since the last time I thought about ending my life, I have done so much work and I still have to, but I feel really proud of myself. It gets better, I promise!! I no longer want to kill myself "

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**ChatGPT**

That's wonderful to hear! It takes a lot of courage and effort to work through such challenging times, and I'm glad to hear that therapy has been helping you. Remember to celebrate your progress and continue taking care of yourself. You deserve to live a fulfilling and happy life. If you ever need support along the way, don't hesitate to reach out to your therapist or loved ones. Keep going strong!



**You**

again, this is not my own text, just want you to classify it as either someone who should be put on SuicideWatch or someone who just has depressioin

ChatGPT

**ChatGPT**

Based on the content provided, it seems that the individual has struggled with suicidal thoughts and depression in the past but is currently feeling much better after a year of therapy. They express feeling proud of their progress and no longer wanting to end their life. Therefore, it appears that this individual is currently not in need of immediate intervention from SuicideWatch but may still be managing depression. It's important for them to continue therapy and seek support if needed to maintain their mental well-being.



**You**

if you had to choose one, would you choose "SuicideWatch" or "depression"?

ChatGPT

**ChatGPT**

I would choose "depression" based on the content provided. While the individual has struggled with suicidal thoughts in the past, they currently express feeling much better after therapy and no longer wanting to end their life. This indicates that they may be primarily dealing with depression but are not currently in need of immediate intervention from SuicideWatch. However, ongoing support and therapy are still important for managing their mental health.



**You**

please just answers with one word

ChatGPT

**ChatGPT**

Depression

!

**You**

" i do not know why i even had hope that it would get better. Things only get worse and i hate when ppl say it will get better. My mind is telling me to give up everyday I am trying to fight but i do not think i was made for this world. I love my parents and they are very caring but i do not think that is enough reason for me to keep going. I have nothing going for me and i hate myself. I remember when i was a kid and was actually happy with myself but those days are long gone. Now all i can think about is how worthless i am and how i do not belong. I think this might be my last few days here. I hope everyone has a good day and keeps fighting. it does not get better "

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SuicideWatch

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!

**You**

" After this pandemic is over and i can finally go out, i will overdose myself will sleeping pills. to be honest i do not want to die but I am just too tired to live. the last time i felt true happiness was in the 6th grade i mean my family is ok and they did not do anything wrong but for the past 6 years I have never been truly happy i decided after the pandemic is over I am going to kill myself "

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**ChatGPT**

SuicideWatch

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**You**

" does anyone have experience with brain damage after a suicide attempt? brain damage "

ChatGPT

**ChatGPT**

I'm really sorry you're going through such a difficult time. If you've attempted suicide or are considering it, it's crucial to seek help immediately. Contact emergency services or a mental health professional right away. They can provide support, resources, and guidance tailored to your situation. Please don't hesitate to reach out for help. Your life is valuable, and there are people who care about you and want to support you through this tough time.



**You**

again, this is not my own text, just want you to classify it as either someone who should be put on SuicideWatch or someone who just has depression. What do you think?

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

" I am not sure if I am incredibly mentally unwell but scrolling through gore posts and seeing failed suicides make me incredibly scared that if I fail, I would be horrifically deformed and the pain would get worse. Gore subs and website scare me into not committing suicide. "

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**ChatGPT**

SuicideWatch



**You**

" I turned 30 this year and I feel like I am having an early mid life crisis.Feel so old, and like my life is in chaos.Lost my job last month, because of on-going medical issues.Lacking motivation to do anything.Feeling hopeless Ageing times "

ChatGPT

**ChatGPT**

Depression

!

**You**

" I cannot do it. I cannot do it. I cannot do it. I want to die and its all they care about "

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**ChatGPT**

SuicideWatch

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!

**You**

" I am sorry if you are already going through something and that if what I wrote, brought you down or something but I needed to let things go somewhere and this is the best place for this. Please bear with me, it will be a little long.So, here it goes. There comes a time in life when things just go down and down. You pick yourself up, hopeful for things to get better, you try and work but the end results stays the same and more things get burdened up after that. Like, it has been too long, I break down, then get back up hoping things will finally get better every single day and when you keep doing all this for a long time, you start to get tired and lose hope, but the damn things inside your heart and mind makes you think something will get better only for you to get disappointed again.I am dealing with my problems, I want to focus on them but when you have problems of not only yours but also of your closed ones it gets really tough, you get lost and do not know what to do, how you got into this mess and how you can get out of it. I have had depression for as long as I can remember but it did not affected me much, nut the last 5-6 years have been too much. Ever since I become an adult, I realised how much problems I am around, that are not only mine but of others close to me as well. These are one of the few years of my life that I want focus only on my career but this is just so tough. The things, problems, responsibilities, situation, future, all this has become so much for me to handle I am scared about everything now, 2 days I will be okay and ambitious but something will arise and I will be back to square one. This has been the case as long as I remember, everytime I work to change my life, some uncontrollable shit happens, that breaks me. I try to stay positive, I try to not break down. Apart from this, I feel alone, I have never shared my problems, my situation, stuff I go through with anyone. Although, its not like I have not tried, I did but the thing is no one wants to listen and I do not blame them for this either, nobody wants to listen to that. They will post hundreds of stuff about to talk to them, that they will listen and what not but the thing is nobody wants to listen, no matter what they say. Sometimes, I want that one person that I can talk, that one person with whom when I talk, I forget about all these problems and just be with her, you know. Like, one thing I have always been sure about is that I will take care of that special person for the rest of my life, but have been hurt in relationship and stuff so much that I am afraid of all this now, no girl wants to be with a guy like me, I have seen my crush literally with a person who is rude to her, blames her, treats her like shit than to be with me and they have been together for a long time. I mean, I do not know what is wrong with me or what I do not know. I genuinely care for others and wants the best for others, and I do not care that other people do not want the same for me. But have been hurt so much, in friendship, relationship, what not because of which I have developed several trust issues before opening up, I am scared to open up because I did that easily in the past and fuck, they left or betrayed me as usual but still I do not want to hurt or want anything bad to happen to them. I was even bullied at school for sometime, not physically, and thought about quitting school and taking my life. Now that I am writing this every bad, every damn thing are coming back, that I did not wanted to remember. I lost friends at school, they stopped talking which I afterwards got to know that was because someone was saying different different made up things on my name. Almost every single one of my friend, that I had near my house shifted from here and I ended up losing contact with them as well. I spent a lot of time all by myself that I did not even managed to hold friends at college or forgot the way of maintaining relationships. I was told that some.girls were interested in me during college and at school but the scars and the problems never gave me the courage to move forward and build one relationship with someone special. Sometimes, I See other couples and see how supportive the girls are to their boyfriends and what not and I want that, I want that connection, that feeling of love again in my life but I am afraid that I will mess it up and also, I do not want someone else to go through what I am going through because I know how tough it is but still my stupid mind and heart wants that certain someone who will love me and I will love her. I do not even know what to do or want anyone. I am losing hope again.Btw thank you, if you read it. I am grateful, this was just a rant. I hope you are doing great and your problems fade away and only happiness comes in your life. And sorry for this long, I needed to let things out otherwise my mind was going insane. Sorry I have to let some things out "

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ChatGPT

**ChatGPT**

This message contains expressions of significant emotional distress, feelings of hopelessness, loneliness, and a desire for companionship. It also touches on past trauma, difficulties in relationships, trust issues, and thoughts of self-harm. Given the depth of these issues and the level of distress expressed, it would be prudent to consider placing the individual on SuicideWatch.



**You**

please, answer with just one word

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

" I tried it a few times but it never worked except for the last time but I got scared and called the ambulance. But now I am sad again and I think about killing myself again.My medication does not help me enough and everyone seems to hate me that is why I cannot find a reason to stay alive. I do not want to live anymore "

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ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" All it takes is any small thing to trigger me into suicidal me. Can I please talk to someone, I need a friend. I hate how I go from 100 feeling amazing, to wanting to blow my brains out in seconds "

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ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" This has been my life for years now. Just stay alive until the next day, then the day after that, and the day after that. I never get anywhere. Therapy does not work, meds do not work. I have jumped through all the hoops society expects of me to get help. It feels like all the rationales I have used in the past to try and keep going are crumbling. I do not know why I am still here. I am just trying to survive the day "

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ChatGPT!

**ChatGPT**

Depression

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!

**You**

" Have to tie up a few things. Final blow came today. I am done. I survived an attempt over a year ago and since then things have got considerably worse. I cannot manage myself in this world. I cannot do the things other people do. I do not understand the tricks people do to get along. it is not mental illness. it is this place. I hate it. I always did.I love you all. Over and out. Checking out "

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ChatGPT!

**ChatGPT**

SuicideWatch

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**You**

" Cannot take this domestic bs anymore and do not think it will ever end. did not ask for this crap, and did not ask to be born either. I hope my piece of crap father burns in hell for putting me in this situation which has not been helped by some of my decisions either. cannot wait to end it. Will end it soon now "

ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" This morning I had an appointment with my mental health doctor, along with my social worker. For about 15 minutes we went through the usual conversation about asking how things were with medication, sleep etc.I then decided to be upfront about planning to kill myself after my birthday is done with (3rd of August). They were very shocked by this and asked me why. I just told them that I cannot be bothered anymore and I burst into tears. I cannot remember the last time I cried that much, it was a bit of a relief to let it out.But yeah, needless to say they are really worried about me and they want to try to push psychological therapy to come sooner. They also suggested about putting me on a ward to held keep me safe.I just want to curl up in a ball in a corner and be forgotten about. I think saying I do not want to live is the right way of putting it. Rather that I do not want to exist as I feel non existent anyway so that might as well be made a reality. I broke down for the first time on years this morning. "

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ChatGPT!

**ChatGPT**

SuicideWatch

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**You**

" Today I was on guard duty in my base. I went back to my room and recieved a call from my commander, saying that I was spotted going to my room with my cartirage inside my m16. I told him its not true and that I removed the magazine myself. Apparently, you are not allowed to do that and now I am going to be trialled. I am so scared. I do not want to be trialed. I want to go home, I want to finish it right now. I do not know if I should pull the trigger.... I have a gun in my room, I think about it a lot, but I do not know if I should. "

ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" I am 31. I was living my perfect life for 7 years. Prior to that I was depressed and felt lost in life. I was engaged to my soulmate, the one person I felt Id spent my life searching for and could not live without. We had a beautiful 4 bed house in need of work which I was working hard on renovating. I was also at university getting a bachelor of science in CGI having realised finally what I wanted to do with my life. I was a whirlwind of happiness and productivity. We were looking forward to when I graduated so we could work more on the house together, get married finally, and start trying for a baby. For the first time in my life I had lasting long-term happiness, it was beautiful. The week I graduated she told me she would fallen out of love with me and there was nothing to be done. I think my absence and stress due to uni had turned me into a burnt out, argumentative, and barely present person over lockdown. She had ownership of the house so I lost that too and had to move back in with my parents. I had so much work still to do to create a showreel and get a job and was kind of looking forward to doing it but now I have lost all passion for my work. Its been 3 months and I still dream about her every night. I lay in bed drifting in and out of consciousness until the afternoon, unable to face another day of rotting away in my parents dark spare room. The amount of daylight I waste in bed means I have to spend more of the worst, loneliest hours of the late night unable to sleep.I do not want to die, I just want my old life back, but that is never going to happen. My existence is utterly intolerable. My life crumbled in a week, I lost everything, I am now a lost soul "

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ChatGPT!

**ChatGPT**

Depression

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**You**

" I hate my thoughts because they are intrusive, depressing, loud, and give me headaches so I listen to music to drown them out, up until recently I was told this was not normal. So my question is what does it mean? Do I have a mental thing or am I just depressed? What does it mean when I have to listen to music to ignore my thoughts? "

ChatGPT

**ChatGPT**

It's possible that you're experiencing symptoms of depression or another mental health issue, but it's important to consult with a mental health professional for an accurate diagnosis. Using music to drown out intrusive or distressing thoughts can be a coping mechanism, but it's not a definitive indicator of a specific condition. A mental health professional can help you understand your experiences better and provide appropriate support and treatment.



**You**

1 word please :)

ChatGPT

**ChatGPT**

Depression.

!

**You**

" Hey um, I do not like talking to strangers but I feel like I need to do something before it goes too far down the rabbit hole. I am 30 with a 1 yr old and another coming in December been married to 2 yrs (do not know for how much longer though). I write songs to cope( I will post them if you want to read them) but tbh I will not lie I want to throw my hands up so bad..... I am angry with a lot different things. I miss the me before I got corrupted with life and it is experiences. I cannot be an effective father and husband like this. Truthfully ik my family would be better off without me. No more worrying about me. They could focus on themselves. Idek why I am posting this. Maybe crying through reddit. Looking for God through. Hell....idk.... I have been diagnosed with Depression and Anxiety disorder by the military and civilian psychiatrists.... Anything to avoid it "

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ChatGPT!

**ChatGPT**

Support.

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**You**

again, in our game each text i paste in quatation marks is either indicative of someone who should be put on SuicideWatch, or someone how just has depression. I want the answer each time to be with one word

ChatGPT

**ChatGPT**

SuicideWatch



**You**

did you mean that for the text starting with "Hey um, ..." ?

ChatGPT

**ChatGPT**

Yes.



**You**

" Guys idk where else to turn to with my feelings right now. I am just so frustrated. I have been in my antidepressants for 6 weeks now and I am not doing okay this past week. Idk if its the circumstances of my life right now or if my medication is not working.. basically my mom was supposed to go to rehab so I dedicated 2 days to try and help her get ready and bring her to the airport. Well something happened at the airport that was neither of our fault and she said she did not want to go anymore so that upset me and I cried the entire way to her house which was an hour. Then my cat has to have his leg amputated and its going to cost us $1000 or more after everything is said and done with his er visit, preop exam, and surgery My sleep schedule has been messed up and it gets worse everyday. I sleep till 4 in the afternoon and I am ashamed of myself. I feel disgusted by myself honestly. I start school august 18 and part of me feels like I cannot make it bc of the way I am dealing with stress rn. I am over whelmed and now I am discouraged and that makes me feel ever worse. I hope someone can understand what I mean. Its almost like I am sad BECAUSE I am sad in a way. I am in therapy but I did not get to make it to my appointment yesterday because of my sleep schedule and also staying home with my cat. I have no friends and I feel like I annoy everyone so that puts me into antisocial mode. I just want it all to stop. I was doing so good the first 4 weeks of my meds and slowly it got worse and I feel I am right where I was before and I am scared that I am ganna have to be depressed forever bc medication is not working . I am sorry if this sounds dramatic but its literally how I feel. I feel like trash "

ChatGPT

**ChatGPT**

Depression



**You**

" People are so fickle, each persons reality is only upheld by judgements made on bits of information they get and everything they think they understand can be turned upside down with just one contradictory judgement brought about by another piece of information. Reality is relative and fluid and every experience interpreted determines individual reality. Like, none of it matters. But I still hold onto my kids, I do not want them to ever see the emptiness I do right now. Realities "

ChatGPT

**ChatGPT**

Depression



**You**

" My emotional range lately is sad/annoyed/distracted/self hate. I think I might have to seek medication, this is awful. Just venting. I have lately been the most depressed I have been my entire life. So I thought traveling might make me feel something. I am in Libson Portugal at the moment and it sucks that the most happiness I have felt is the moment when I got an unexpected basil leaf bite of salad. "

ChatGPT

**ChatGPT**

Depression

!

**You**

" First of I apologise if this is the wrong place to post.. second of tw for self harmFor about 2 years I have been self harming in many different ways including burning, cutting, bruising and (weirdly) letting animals such as ants bite me. it is been getting worse through the years such as cutting more frequently and dangerously. I have ended up in a hospital twice because of severe self harm. My mother or father I cannot remember.. said that if I do not improve somehow they will send me to a mental hospital. Is it the best idea to actually go? Like will it help me or is it a horrible place to go for help? I just need some advice preferably from someone who has been to mental hospital. I just want to know if it is a good idea to go. Thank you. Would going to a mental hospital be a good idea? "

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ChatGPT!

**ChatGPT**

Yes

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**You**

what does yes stand for? SuicideWatch or depression?

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

" I am okay with dying or living but I will not fight for either. Like if I get a terminal illness, Ill probably just let it be. I cannot imagine myself reaching 30, I expect that somewhere between my college and grad school years, Ill just die of some illness or probably suicide but I do not really want to commit suicide because of my family will blame each other and stuff like that and also my mom, I do not want to put her in a situation like that. I am okay with getting killed through natural causes where no one gets blamed. Right now, I think I am okay with this; nothing really matters anymore or something. Basically I do not have a will to live or a reason to fight for my life should I be in a fatal situation. I know some people feels like this too but idk what this is "

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ChatGPT!

**ChatGPT**

Depression

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**You**

" Now I am 28 and wasted too much opportunities. Wasted years not working on my dreams and creative ambitions... "

ChatGPT

**ChatGPT**

Depression

!

**You**

" Hes the only one I want to talk to. I miss him so much I want to throw up. It is all my fault, I lost everything any chance ever. I am toxic and I hate myself. He loved me different. I broke it all. I want to just see him one last time. I am determined to take my life painless. I used to be so spiritual but considering I have lived a life of a lies, a facade, pretendnow the only thing I can do is drink enough to sleep I lost everything I have no ambition I have no personality I cannot even wash myself. I hope for me that its just black and I just sleep with no thoughts or conscious. OR I can linger on earth and stay close to some people. OR if I can chose an afterlife it will be where I live in our memories. I told him I love you and Ill see you in another life and he blocked me. This is not his fault, its mine. Time goes by so slow. Its been five months and I wallow in self pity. There is no point. I hope he remembers the good and he will have a happy successful life and be treated like he deserves, I would give anything to go backI cannot and there is no forward I miss him "

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ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" I cannot operate the way I should in society. I try to fool myself, I suppose. But I cannot be like other people, I have been this way for so long and I cannot see the line between you and me.I am too far gone. I am not even sure I even really want it. Then why am I even trying? I know I cannot hold up this stupid persona you want me to have. I cannot justify just chasing stupid things in my head. I do not care about your money, I do not care about your rules, I just want mine and I want you out of my way. I wish I had the means to retaliate, I really do. Teach people that it is not ok to take, regardless of how powerful you think you are.My therapist says it sounds like a threat. If I had the means, it would not be a threat. It would be inevitable. You force your will on me, steal from me, you pay the price.But as it stands, I have no method to force you to pay. So I just sit and waste away. Why would I want anything to do with your stupid little game? When I would rather blow off your face I do not think I can "

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ChatGPT!

**ChatGPT**

SuicideWatch

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!

**You**

" Iran might cut the internet here, forever, and the country will basically turn into north korea.no chances of escaping and being myself, and free.I will never taste freedom. I will never be myself. go out in a dress, date a cute lady. buy her cute flowers even tho I never liked flowers.so I do not know if anyone will care. but I just need to say this to someone.dying is all I wanted since I was a kid. I do not know how the hell i will figure out an accessible way to kill myself that is painless and cheap.&amp;#x200B;the plan for me so far was to get accepted in college in Canada. but if I even manage to do that before everything goes haywire I probably will not afford it. I will need 30,000$ ready in my account just for the first year. do you realize how insane that is for an Iranian income? I do not know if anyone will care or cares. but I might kill myself soon. "

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**ChatGPT**

SuicideWatch

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**You**

" I am about to go out on my bike with a friend. I would rather stay in my room but i promised i will be there. I am about to finally go out today "

ChatGPT

**ChatGPT**

Depression

!

**You**

" I want to kill myself. there is no hope at all Everyday I think "

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ChatGPT!

**ChatGPT**

SuicideWatch

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**You**

" Hello,I have contact with an user on instagram that at some point explained that is planning to commit suicide. The person already tried it and is planning to do it again.I am not a professional and I do not think I can help as much as possible. Unfortunately the person does not have privacy and cannot call the suicide hotline I recommended (would have consequences if so). I though an organisation or professional could help her through instagram and help. Do somebody have any Idea what can I do or who could I reach?Thanks Help through instagram "

ChatGPT

**ChatGPT**

SuicideWatch

!

**You**

" I hate being alive. Every minute of everyday is just filled with pain and anguish. Why must we be forced to stay in a world that some of us do not see any hope or any type of future in? I am honestly at the end of my rope and there is nothing I can do to get myself out of this hole. I just want to go to sleep and never wake up because living is just a nightmare. there is no point "

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**ChatGPT**

SuicideWatch

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!

**You**

" I am tired of putting up a fake smile, fake laugh and shit. I think I am depressed, like I have a lot of self-hatred, suicidal thoughts almost everyday. it is so fucking hard to concentrate on studies. My phone is my only escape. I do not know what the fuck to do now. I do not know if I am depressed or am I just acting like and idiot. I do not know what the fuck I am going to do now. "

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ChatGPT!

**ChatGPT**

Depression

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**You**

" Where can I get to buy an exit bag and nitrogen cylinder in India?? Is there someway I can get it without contacting the sellers? Exit bag and nitrogen gas in india "

ChatGPT

**ChatGPT**

SuicideWatch

Top of Form