

### I'm Not Dead Yet

One of the most famous sketches from Monty Python and the Holy Grail makes light of the serious topic of The Plague™. A man wanders around town, towing a cart meant for carrying off dead corpses that had already succumbed to the disease. “Bring out your dead,” are the cries that draw forth a man carrying a corpse that proclaims “I’m not dead yet.”

Did you know that approximately 1 in 3 transgender teenagers will try to kill themselves?

I remember sitting in the living room where I grew up, getting ready to watch Monty Python for the first time. Everyone always references it and makes it out to be such a funny film. I was excited to see something that was clearly so important to so many people. Plus I wanted a laugh. The things I used to find funny were starting to be less and less interesting. I was losing the childlike joy and fascination that makes life so bearable when I was only eleven years old. I guess you could say it was a midlife crisis, but as I’m sure we can all agree: 11 is a terrible age for a midlife crisis.

Did you know that ratio goes up to 2 in 5 for trans-men? 1 in 5 for trans-women?

The therapist I started seeing didn’t like me. My parents were getting a divorce, and she was only supposed to talk about that. I had indicated on the intake form that I was having depressed and suicidal thoughts, but their divorce was the only thing worth talking about? I could protest

that “I’m not dead yet, but...” and it didn’t matter because, “it’s a perfectly normal part of growing up that something like half of kids experience.” And you can talk to me about what you’re feeling as you go through this stressful time.

Did you know that non-binary suicide statistics aren’t widely studied or published?

A favorite joke of mine from the Zoomers is “I don’t know how long my life will be, so I’m having a crisis now just in case it’s my midlife.” And in a morbid way, it makes sense. When the future that awaits you, your community, and the human race in general is so uncertain, nihilism seems like a rational response. The millennials did it first of course, and they were in general just kind bummed out about the whole thing I guess. There aren’t a lot of jokes about the end of your life that arise from that nihilist outlook, but when you pair it with a “fuck the consequences because apparently they don’t matter” we have to consider this type of humor.