

# How One Woman Overcame Her Treatment Resistant Suicidal Depression And Anxiety

“I felt like I was drowning in a sea of despair. I couldn't breathe. I couldn't see. I couldn't move. I just wanted to give up.”



## Surviving Suicide: How one woman overcame her treatment resistant suicidal depression and anxiety through depression hygiene. by Samuel Johnson

★★★★★ 5 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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Lending : Enabled



These are the words of a woman who suffered from treatment resistant suicidal depression and anxiety. For years, she struggled to find relief from her symptoms. She tried medication, therapy, and even hospitalization, but nothing seemed to work. She felt like she was trapped in a never-ending cycle of pain and despair.

But then, she found something that changed her life. She found a treatment that finally gave her hope. This treatment is called **Eye Movement Desensitization and Reprocessing (EMDR)**.

EMDR is a type of therapy that helps people to process traumatic memories. It is based on the idea that traumatic memories are stored in the brain in a way that makes them difficult to access and process. This can lead to a variety of symptoms, including depression, anxiety, and PTSD.

EMDR uses a combination of eye movements, sounds, and tapping to help people to access and process their traumatic memories. This can help to reduce the symptoms of depression and anxiety and improve overall mental health.

The woman who suffered from treatment resistant suicidal depression and anxiety found that EMDR was the treatment that finally gave her hope. After just a few sessions of EMDR, she began to feel a difference. Her symptoms began to improve, and she started to feel like herself again.

The woman's story is a testament to the power of EMDR. EMDR is a safe and effective treatment for depression, anxiety, and PTSD. If you are struggling with these conditions, I encourage you to learn more about EMDR. It could change your life.

**Click here to learn more about EMDR**

**Disclaimer:** The information provided in this article is not intended to be a substitute for professional medical advice. If you are experiencing suicidal thoughts or feelings, please seek help immediately. You can call the National Suicide Prevention Lifeline at 1-800-273-8255 or visit their website at <https://suicidepreventionlifeline.org>.

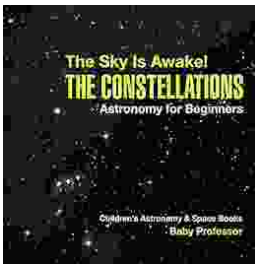
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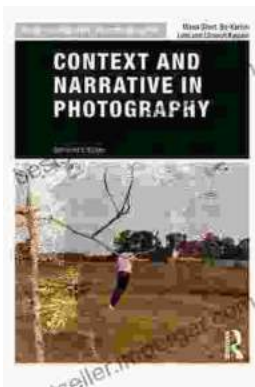
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