

Mental Health Forums

23/12/2012

0 Comments



I tried out a main stream mental health charity's forum over three or four days.....

I have concluded that it does not work for me:

- I got frustrated with some of the threads, for example one debating whether people should put hugs and kisses at the end of postings.
- Kept coming across postings of self harm, which I try to avoid
- I found the lack of response to my own postings a negative experience. The result was to bring in to question the value of my postings and ultimately lead to me taking my website of line.

I think as the part of the nature of depression is low esteem and self worth, there is a real risk with forums feeding those feelings, well certainly that is the case for me, so I will avoid mental health forums for the foreseeable future.

www.myanxiety.co.uk

23rd December 2012