

# Essay on the chronically depressed suicidal

[Life](#), [Friendship](#)



Suicide has been a controversial issue in the society since it evokes a wide range of reactions; religious or morally condemnation, dismissal, sympathy, heroic gratification, anger among other reactions. In trying to provide insight into suicide, it has become an object of multidisciplinary scientific study associated with psychology, sociology and anthropology. Significant advances are the mental conditions associated with it while the majority of questions surrounding the same are philosophical. Cathy, my long-term friend, has been suffering from constant clinical depression but has been managing the same. However, she recently confided in me that she has decided to commit suicide based on her two decades of suffering. This leads me to try and unravel several philosophical questions related to a difficult situation she has put us both in. Is it morally acceptable to kill herself? What are my moral obligations towards my friend?

First, having known that a friend is suffering from depression establishes the fact that she does not have the same thoughts as a healthy individual and can, therefore, does not understand the options available to her to relieve her suffering. In trying to convince them otherwise, the confidant must first understand that the victim does not want to die, but believe it is the only way her pain will come to an end. It is the confidant's duty to ensure the victim understands that her condition is treatable and can be managed. It is, therefore, the confidant's moral obligation as a close confidant to talk to the victim since it is the first step to help treat her condition. The victim has no history of visiting a therapist, and it is important to advise her to book a psychotherapy session. If the fear of doing so is so strong, the confidant can offer to attend the sessions with the victim because she already has shared

her issues. This will provide comfort for her to open up and accompanied by antidepressants that the practitioner will provide her condition will be effectively treated. This discussion is based on an understanding that despite her mind being made up to commit suicide, a confidant cannot give up on the victim. Chronically depression is only but a crisis and effective intervention to enable the individual regain perspective and antagonistically fight the disease can reverse the overshadowing feeling of helplessness and suicidal thoughts.

Committing suicide according to me is morally unacceptable based on the philosophy that there is not one condition in this world, be it physical or emotional, which is lasting; pregnant women will eventually give birth, the pain of losing someone close will eventually end and all you are left with a memories among other examples. As a Christian, life is given by God and only He can end it. The events that follow after suicide are sad and no individual should put their family and close friends in such a position hence the need for the society at large to fully understand the conditions that lead to suicidal thoughts. There is no necessary and sufficient condition that warrants suicide and the same carries a strong negative subtext. Suicidal thoughts occur when one's ego-stance is imbalanced and should the individual live to tell the story; they most likely would regret wanting to have a hand in their own death. Suicide is a socially systemic ethical issue as opposed to an individual's moral integrity because the family members and close friends should be able to see the signs of depression and intervene. According to Immanuel Kant, he argued that man's experiences were based on fundamental structures that determine the source or responsibility. One

cannot help but wonder what if there were no fundamental concept structures? Would it imply that suicidal decision were okay? The aspect of sadness left behind to loved ones should is a contributing reason that suicide is not acceptable. For this reason, suicide is ethically wrong.