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Chapter 10

Suicide is a topic talked alot about throughout school from bullying and now the pressure of college suicide is brought up. I wasn't bullied in school but I saw kids who were and never really did anything about it or stand up for them unless they were one of my friends. I never really thought of any of it sometimes i thought the kid kind of deserved it. We would have bullying lessons once a week which i thought were stupid and a waste of time. They were about how to prevent bullying and what the signs of depression and suicide were. Looking back i should have payed more attention and been a better a person. I have had three of my high school friends die two of them were from suicide and one was from a drug overdose that could have been suicide know one really knows. I also had a cousin that committed suicide/ drug overdose he was scheduled to go to rehab the next day. That one hit close to home and really made me start to take suicide and depression seriously. Now as a college athlete I see how famous people or other athletes can suffer from depression or even commit suicide. Your days are long you are sleep deprived and you pretty much a 50 hour week every week and not making any money.

Thankfully i have a supportive family and friends and love playing baseball. I could see being depressed if i was really far from home with no friends and all of the different pressure falling onto your shoulders and seeing no where to turn to escape. I now understand why athletes suffer depression just because of the pressure put on them and the spotlight they have on them how

they are held to high standards but are still normal people. I'm also a supporter of legal suicide when you are terminally ill. The pain you have to go through in your last days shouldn't have to be an option that you can go out before things get really bad and go out as the person you were whole life.