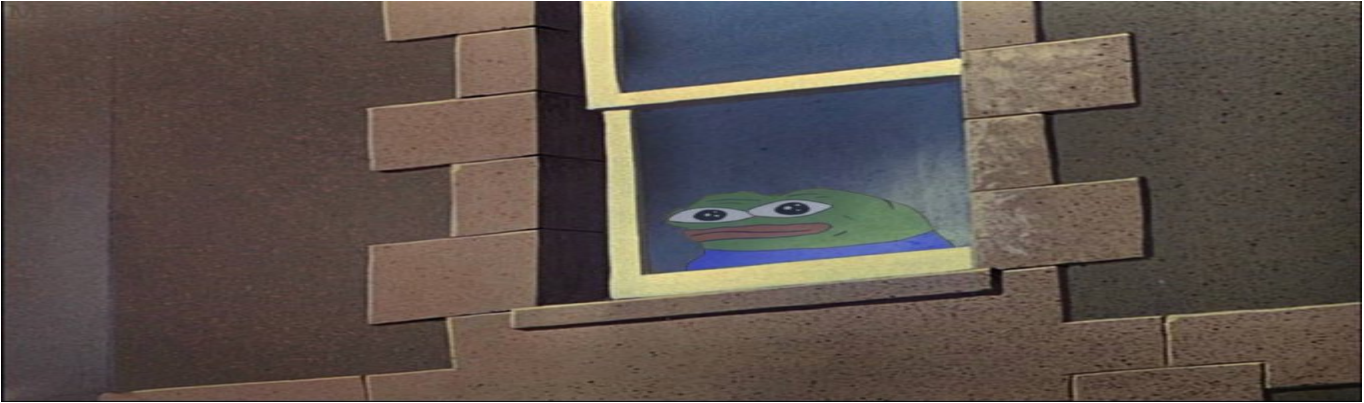


Jun 4th 2024

# Dear Leaders with Depression

Got depression? IPN took care of a cure, or at least a helping guide which can if the individual puts in some effort help getting over depression and one's own life back. Ideally with a paycheck raise of 20%. Despite advertising for our depression guide, this article talks also about mental health and the epidemic outbreak all over the western world of more and more mental illness.



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## Dear Leaders,

We need to talk about mental health. The voices are back, just kidding.

### Mental health and Freedom

Freedom on a personal level is under attack by rising rates of mental illness throughout the Western world and IPN is not only about politics but personal development to acquire Freedom in one's personal life. Mental health therefore is an issue for IPN to be taken serious. Since it's a matter of personal Freedom.

### Youth, Screen time and mental health

It is contested how much smartphones contribute to the increase of mental illness. Here we have a debate about how smartphone use and youth suicides spiking might be correlated. Jonathan Haidt and the author of Moral Combat debate here back and forth on x.com. Could be a moral panic or the slow realisation that screen time can be harmful.

I personally think it depends. Everything online is coming with gamification and optimized for maximum screen time. I love to call smartphones nightmare rectangles since they carry addiction potential and responsible use requires discipline. Youth might lack that discipline.

## Lockdowns super spreading depression

What is sure and well established is that the Corona Lockdowns were fueling mental health problems. Especially depression which went from a prevalence of 10% of the US society pre-lockdown to 40% as one can read in the book "Depression for Dummies".

## Leftism is a mental disorder

What is also clear is a strong correlation of mental health problems and far left politics. I have seen plenty of evidence in surveys and this has been repeated as a result on multiple occasions. Didn't checked out academic literature on that specific topic but it is safe to say that far leftism is a mental disorder. Like this one, I have seen plenty and studies and what not but not much scientific publications.



r/Hasan\_Piker  
u/Ethant01 • 1d

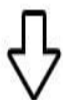
# how are you guys not depressed?

Serious

Being a leftist is extremely depressing for me. How do you guys try to remain positive?

edit: nvm I just got 140 comments from people saying that they are depressed lol

↑ 301



↓ 168

↪ 69

## The Ideas Have People Network

Created for this pressing problem a solution already. The city is burning, we must find a way to monetize that. You got Depression? Want to get rid of it? IPN gladly helps. [Living well with depression?](#) That is possible and we offer free coaching by two individuals to implement the guide if you want to make a public review of our guide. Otherwise, that service costs €1.300 with a 12-month money back guarantee. Just solving depression here, trying to cover our costs.

Take care,

Able

Ps: Any questions? Just create push the ["Create ticket"](#) button and I come back to you. 🙋

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## About the Author

**Able D. Paryon**