

Kay Redfield Jamison Quotes

*Suicide, People, Thinking, Bipolar, Depression, Pain, Grief, Suicidal, Moving,
Years, Mind, Believe, Ancient, Reality, Real, Sadness, Play, Choices, Loss,
Passion*

Grief comes and goes, but depression is unremitting

~Kay Redfield Jamison

I am tired of hiding, tired of mispent and knotted energies, tired of the hypocrisy, and tired of acting as though I have something to hide.

~Kay Redfield Jamison

Confidentiality is an ancient and well-warranted social value.

~Kay Redfield Jamison

One of things so bad about depression and bipolar disorder is that if you don't have prior awareness, you don't have any idea what hit you.

~Kay Redfield Jamison

There is a particular kind of pain, elation, loneliness and terror involved in this kind of madness... It will never end, for madness carves its own reality.

~Kay Redfield Jamison

You become aware of an illness by understanding yourself and understanding the meaning that that illness has in your own life, symbolically and, more importantly, quite literally.

~Kay Redfield Jamison

Manic depression distorts moods and thoughts, incites dreadful behaviors, destroys the basis of rational thought, and too often erodes the desire and will to live.

~Kay Redfield Jamison

Love, like life, is much stranger and far more complicated than one is brought up to believe.

~Kay Redfield Jamison

Mother, who has an absolute belief that it is not the cards that one is

dealt in life, it is how one plays them, is, by far, the highest card I was dealt.

~Kay Redfield Jamison

I think people don't understand how intimately tied suicide is to mental illness, particularly to depressive illness and bipolar illness.

~Kay Redfield Jamison

I am by temperament an optimist, and I thought from the beginning that there was much to be written about suicide that was strangely heartening.

~Kay Redfield Jamison

The awareness of the damage done by severe mental illnessâ€™to the individual himself and to othersâ€™and fears that it may return again play a decisive role in many suicides

~Kay Redfield Jamison

Love has, at its best, made the inherent sadness of life bearable, and its beauty manifest.

~Kay Redfield Jamison

I think wanting to write is a fundamental sign of disease and discomfort. I don't think people who are comfortable want to write.

~Kay Redfield Jamison

...Time does not heal, It makes a half-stitched scar That can be broken and again you feel Grief as total as in its first hour. -Elizabeth Jennings

~Kay Redfield Jamison

Suicide is not a blot on anyone's name; it is a tragedy

~Kay Redfield Jamison

The quickness and flexibility of a well mind, a belief or hope that things

will eventually sort themselves out-these are the resources lost to a person when the brain is ill.

~Kay Redfield Jamison

Children need the freedom and time to play. Play is not a luxury; the time spent engaged in it is not time that could be better spent in more formal educational pursuits. Play is a necessity.

~Kay Redfield Jamison

If I can't feel, if I can't move, if I can't think, and I can't care, then what conceivable point is there in living?

~Kay Redfield Jamison

Anyone who suggests that coming back from suicidal despair is a straightforward journey has never taken it.

~Kay Redfield Jamison

Knowledge is marvelous, but wisdom is even better.

~Kay Redfield Jamison

I am a huge advocate of prescription drugs given wisely and for the right reasons and the right diagnosis and also psychotherapy.

~Kay Redfield Jamison

Somehow, like so many people who get depressed, we felt our depressions were more complicated and existentially based than they actually were.

~Kay Redfield Jamison

Mood disorders are terribly painful illnesses, and they are isolating illnesses. And they make people feel terrible about themselves when, in fact, they can be treated.

~Kay Redfield Jamison

Never once, during any of my bouts of depression, had I been inclined or able to pick up a telephone and ask a friend for help. It wasn't in me.

~Kay Redfield Jamison

Suicide Note: The calm, Cool face of the river Asked me for a kiss.

-Langston Hughes

~Kay Redfield Jamison

Nothing good comes out of depression.

~Kay Redfield Jamison

I look back over my shoulder and feel the presence of an intense young girl and then a volatile and disturbed young woman, both with high dreams and restless, romantic aspirations

~Kay Redfield Jamison

One is what one is, and the dishonesty of hiding behind a degree, or a title, or any manner and collection of words, is still exactly that: dishonest.

~Kay Redfield Jamison

I realized that it was not that I didn't want to go on without him. I did. It was just that I didn't know why I wanted to go on

~Kay Redfield Jamison

The ancient dialogue between reason and the senses is almost always more interestingly and passionately resolved in favor of the senses.

~Kay Redfield Jamison

Conditions of thought, memory, and desire, persuaded by impulse and irrationality, are influenced as well by personal aesthetics and private meanings.

~Kay Redfield Jamison

Exuberance is a gift of grace that allows us to move on, to seek, to love again.

~Kay Redfield Jamison

It took me far too long to realize that lost years and relationships cannot be recovered. That damage done to oneself and others cannot always be put right again.

~Kay Redfield Jamison

Chaos and intensity are no substitute for lasting love, nor are they necessarily an improvement on real life.

~Kay Redfield Jamison

The assumption that rigidly rejecting words and phrases that have existed for centuries will have much impact on public attitudes is rather dubious.

~Kay Redfield Jamison

From a public health point of view, still the overwhelming problem is that people are not treated enough for depression; depression remains under treated.

~Kay Redfield Jamison

Nature is the first tutor. No one remains untouched or unschooled by the earth, seasons, and heavens.

~Kay Redfield Jamison

One of the advantages of science is that one's work, ultimately, is either replicated or it is not.

~Kay Redfield Jamison

But, with time, one has encountered many of the monsters, and one is increasingly less terrified of those still to be met.

~Kay Redfield Jamison

We all move uneasily within our restraints.

~Kay Redfield Jamison

I was bitterly resentful, but somehow greatly relieved. And I respected him enormously for his clarity of thought, his obvious caring, and his unwillingness to equivocate in delivering bad news.

~Kay Redfield Jamison

I am reminded of the importance of small kindnesses.

~Kay Redfield Jamison

The complexities of what we are given in life are vast and beyond comprehension.

~Kay Redfield Jamison

Look to the living, love them, and hold on.

~Kay Redfield Jamison

I had been simply treating water, settling on surviving and avoiding pain rather than being actively involved in seeking out life.

~Kay Redfield Jamison

An ardent temperament makes one very vulnerable to dreamkillers.

~Kay Redfield Jamison

Without science, there would be no such hope.

~Kay Redfield Jamison

People are more impulsive and they get slightly less impulsive as they get older and the impulsiveness interacting with the depression is particularly devastating and lethal, potentially lethal.

~Kay Redfield Jamison

There is always a part of my mind that is preparing for the worst, and

another part of my mind that believes if I prepare enough for it, the worst won't happen.

~Kay Redfield Jamison

Suicide carries in its aftermath a level of confusion and devastation that is, for the most part, beyond description.

~Kay Redfield Jamison

People talk about grief as if it's kind of an unremittingly awful thing, and it is. It is painful, but it's a very, very interesting sort of thing to go through and it really helps you out.

~Kay Redfield Jamison

Mania can be as terrifying as it gets. It is certainly as insane as one gets and so it's frightening when it gets out of control, but there are periods of mania when it can be extremely attractive.

~Kay Redfield Jamison

There are relatively few things that kill people that are young other than car accidents and suicide.

~Kay Redfield Jamison

In some cases, some people do get depressed in the middle of their grief and they really need to be treated for depression.

~Kay Redfield Jamison

Most people don't have the advantage of being able to evaluate their doctor in advance.

~Kay Redfield Jamison

I think psychotherapy saves lives and is hugely meaningful and I think that one of the unfortunate aspects of prescription drugs working well is that people tend to think that's enough.

~Kay Redfield Jamison

Everyone has good cause for suicide, or at least it seems that way to those who search for it. (74)

~Kay Redfield Jamison

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