

INSIGHTS FROM THE OUTSIDE INSIGHTS FOR THE CHURCH

by
Tony Campbell

“Insights From the Outside” columns are intended to help people in the Christian community understand and respond to those among us who live with mental health disorders. Questions and comments may be addressed to Tony Campbell at depressionconnection@copper.net, or to Insights From the Outside, 3212 Collinsworth, Suite 114, Fort Worth, TX 76107. Phone: 817-810-9599.

Three columns, *The Voice of Legion*, and *Temple of Doom I and II* are “Insights” for the church.

THE VOICE OF LEGION

This is the voice of Legion (many) living in another world while also living in your midst.

You see us, but you do not see, feel, hear, or smell our world. We veil our alien identity by trying to be entirely like you. One can not fool all the people all the time; therefore you see clues that we are experiencing life differently from you and the majority of the people you know. You may have detected, but not yet suspected, that our total life is lived outside the world of normalcy as you know it.

Call it by any name, but the consequences are the same. You may say depression, mental illness, chemical imbalance, abnormal, or bipolar.

We go on living in a world of turbulence, pain, confusion, fear, helplessness, rage, disability, and loneliness. This existence sometimes becomes so unbearable that we may be destructive to ourselves and hurtful to others in vain efforts to break through the invisible boundaries that confine us away from the beautiful life of which we hear tales. That life appears to surround us, but we cannot enter it.

We have long known that we cannot tell you of our lives because your hearing and understanding comes out of the way you experience life in your world.

There is no special language by which we can tell you of this strangely distorted existence of ours. But someone must try for the sake of those living in both worlds.

Therefore, I shall attempt to use our common language to speak of uncommon things. It is out of a sense of desperation that I do so. Those of my world sense that we can begin to join you in your world only as you begin to enter ours through the door of understanding.

Welcome to our world.