

# Overcome Suicidal Ideation and Find Greater Meaning in Life

**Post by “Kalosyni” of October 14, 2022 at 10:19 AM**

Occasionally on this forum and on the podcasts the topic of suicide, and also choosing to end one's own life when terminally ill, etc. has come up. And I feel the need to bring up and share some "therapeutics".

Given that we believe that we only have this one life to live (no-rebirth, no second chance) this means that ending one's life is rarely ever chosen unless out of great necessity ( [Cassius](#) I know there are sources for this in Epicurean writings but can't remember off hand).

Ideally I would recommend someone should [seek out the professional help of a therapist](#), to effectively remedy repeated or on going suicidal thoughts.

For those who may occasionally have milder moments of considering the meaning of life and only briefly encounter suicidal ideation, I would recommend this very good article, which also brings up good points to bring more meaning and fulfillment:

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[If You Wonder Why You Should Stay Alive, This Is for You](#)

Why do we need to live life? There are many possible answers to that question, and here are 22 of them, together with an exercise to find your own reasons.

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