

# Help! About to have a breakdown.

March 28, 2020 | 296 upvotes | by [jackblack382](#)

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Im a paramedic at a major hospital and is a primary covid testing center. This pandemic is wearing me thin. At first I've delt with it quite well. I've been keeping my family and my LTR grounded as there has been a lot of hysteria and they all are looking at me for guidance.

But this shit getting worse. 2 of my ER docs were just intubated. 2 of my friends tested positive. I've seen the worst of this virus. Just now I cried outside the ER. I don't know how much longer I can hold it together!! I'm trying to be strong for my family and LTR. Help!

Edit: don't know what I was looking for with this post. Just needed to vent to someone. I actually feel better. Covid is no joke! Stay the fuck home!

Edit 2: Reading through all your comments I've been crying my eyes out. I needed to deflate! I've been stoic throughout this ordeal and no one has seen my pain. But stoicism can take me so far. This was very therapeutic for me. Crying "in front men" who I've never met, but i ironically trust. Thank you for this. This pandemic is very real, I honestly feel at this point it about the survival of the fittest. Stay healthy, don't smoke, and keep your distance. This is going to take months before it settles. I'm going to continue to do what I do until this is over. Stay safe my friends!

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## Comments

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Zombiespire • 340 points • 28 March, 2020 10:23 PM

Hard times create strong men. Keep fighting bro, you have a purpose in this disaster story.

skate0rdie • 46 points • 28 March, 2020 11:59 PM

I appreciate and admire the encouragement from the commenters. OP, people depend on us, don't let them down. Especially ourselves.

jackandjill22 • 5 points • 29 March, 2020 06:45 AM

Bingo.



Unlikely\_Composer • 341 points • 28 March, 2020 10:48 PM

You have perhaps one of the hardest jobs of all right now: being a man in the face of overwhelming odds and the very real prospect of death.

You're in the crucible now, if you must break then break into a weapon and become stronger.

Like it or not, people are counting on you, it's time to be a man.

Every single second you've ever spent growing up has led to this moment. Every scraped knee, every time you fell off your bike, every time you lost a tooth, every time you went to bed despite the monsters in the closet, every failed test, every rejection, every heart break, every loss of a loved one, every time you've held back tears to be strong for someone else.

It's all led you here. It's time to step up and become a man.

We are all here to help you in your struggle, man to man.

Get out there and save lives.

thatcoolguy5190 • 45 points • 29 March, 2020 02:05 AM\*

This was written fuckin' spectacularly. Got goosebumps reading it.

MagicPiper • 4 points • 29 March, 2020 02:30 PM

Username checks out

MysticalMike1990 • 9 points • 29 March, 2020 12:26 PM

I read this in Jocko Willink's voice

jackandjill22 • 10 points • 29 March, 2020 06:46 AM

This is a good one.

Diche\_Bach • 5 points • 29 March, 2020 10:11 AM

Theme song

sehns • 5 points • 29 March, 2020 03:12 PM\*

Fuck that stepping up and being a man bullshit. Isn't it convenient that when society wants something from you its about 'stepping up' but the rest of the time its "fuck you you're making just above minimum wage."

If it was me being over worked, put at risk and under-appreciated i'd peace out and go work in tech and start my own business or something. Theres no point being valiant or honorable in society anymore, it doesn't reward it. The only thing that matters these days is financial independence. I guarantee you what OP is getting paid is less than what some asshole sociopath banker makes.

BruhMoment45886 • 70 points • 28 March, 2020 11:24 PM

We all want you to know that we are beyond grateful for your efforts and you are doing a very great thing.

Most guys dont have a purpose as great as yours. When this is over you'll know that you helped stop the US's only second pandemic in history.

Stay strong for us. You're a true man.

Nergaal • -17 points • 29 March, 2020 01:42 AM

there was a smallpox one before the 20th century /s

novalentineforyou • 14 points • 29 March, 2020 03:29 AM

It's amazing how soyboys can't help but make bad jokes all the time in order to avoid treating anything seriously.

[deleted] • 3 points • 29 March, 2020 01:48 PM\*

You can't just start name calling and say that everything you don't like is a "soyboy". Someone can just as easily say "look at these soyboys panicking when something gets serious".

novalentineforyou • 2 points • 29 March, 2020 09:51 PM

That's true. Overusing "soyboy" is a tactic that shows mental weakness and an unwillingness to confront the complexity of the world. I don't think I use "soyboy" very often and used it in this case because this was part of a larger trend on Reddit and in real life where people joke about everything in order to avoid truly thinking about it and adopting responsibility.

Nergaal • -3 points • 29 March, 2020 04:28 AM

you are unnecessarily angry at the wrong person. people have various coping mechanisms. no need to get angry over trivial stuff like dad jokes:

<https://www.livescience.com/worst-epidemics-and-pandemics-in-history.html>

a pandemic is not that unusual in history, as humans before 20th century have always been subjected to the threat of deadly disease every single waking moment. only soyboys think a disease is something that humans have not struggled with before

novalentineforyou • 3 points • 29 March, 2020 07:08 AM

It's not a coping mechanism in this case because soyboys joke about anything and everything even when they aren't under stress.

Nergaal • -3 points • 29 March, 2020 07:27 AM

dude, there is a pandemic out there, and here you are policing jokes. take a look in the mirror if a joke was enough to brake your frame.

cphpc • 46 points • 28 March, 2020 11:51 PM

This test will define you. Either you break or you come out of this stronger. Like every war, there are people in the front lines battling. Keep strong and best of luck.

TRP\_Scepter • 29 points • 29 March, 2020 01:02 AM

Strong men are only born through struggles. This is your struggle. You're plenty strong already but you're destined to become even stronger.

Godspeed, and thank you for what you're doing.

rad\_dynamic • 3 points • 29 March, 2020 09:48 AM

Phoenix.

You must die and then you are reborn brighter.

The dragon is massive. But know you will slay it, head down, keep pushing on.

0kool74 • 18 points • 29 March, 2020 02:45 AM

COVID-19 is going to fundamentally change human psychology. Just like WWII was for the 20th century, it will be the 21st century's embodiment of separating the wheat from the chaff. It is going to be especially bad in the US because of American complacency.

Some will fold and die. Some will fold and be forever weak. Some will be altered into something better than they were when it began. YOU are being tested! YOU have the strength as evidenced by what you've written that you can overcome this.

Stay strong and always know that we are here to help in any way that we can.

jackandjill22 • 5 points • 29 March, 2020 06:47 AM

American complacency seems to be the source of many of our woes.

0kool74 • 4 points • 29 March, 2020 06:48 AM

Truer words have never been spoken that much is certain

blueroomb • 13 points • 28 March, 2020 11:56 PM

You have my will behind you, you don't deserve to shoulder all these burdens. No matter what happens I thank you for being strong for me, and others. You deserve better MAN, and you have my support.

PinacoladaSauce • 23 points • 28 March, 2020 11:28 PM

something that gets over looked on this community is knowing your why. why you are making the decisions you are. you have to dig deep. you have to know why you're doing this. do it for your friends. for your family. for your doctors who were intubated. they need you NOW. they NEED you now. more than ever. they are counting on you.

are you going to rise?

[deleted] • 17 points • 28 March, 2020 10:08 PM

Don't let this break your frame. Be stoic.

Think of the bright future that you will have once you push through this.

SherbetMind • 11 points • 29 March, 2020 02:15 AM

You will not fear.  
Fear is the mind killer.  
You will face your fear.  
You will let it pass through you.  
When the fear has gone,  
there shall be nothing.  
Only you will remain.

opie1122 • 5 points • 29 March, 2020 05:54 AM

As you witnessed yourself, The situation is bad. We might not be back to our normal lives for a while. We haven't seen anything like this in modern history since the Spanish flu. You're in our front lines with all of our health care professionals out their, and there isn't any amount of training that could have prepared anyone for a pandemic as big as this one. You're absolutely within your right to be overwhelmed under these circumstances.

I hope you know that each and every one of us is honored to have you, as well as every single person working in the health care profession during this pandemic. Without you all, the number of non-recovering cases would be catastrophic compared to where we are now. Remember, you aren't some apathetic machine that was made for a situation like this. You're human just like everyone else.

Just know that as many "stoic" or "alpha" wanna be "I'm not scared of some flu" jokers their are out their, I'm positive none of them would be brave enough to do what you're out here doing. You're an alpha amongst us, and even the strongest of men need a breather during times of stress. Know that we all appreciate you dearly, I wish you good health and hope only good things to come your way. Keep strong, stay safe, keep us posted. Thanks for your hard work.

Owenthecoop • 5 points • 29 March, 2020 05:56 AM

I just posted on the sub asking for advice about some stupid shit about guarding my reputation. I read this and I went to delete it realizing how dumb my problem is. You have a truly heroic task in front of you. I hope one day to have the same opportunity.

Best of luck, you are a hero.

Gtrplyr3838 • 6 points • 28 March, 2020 11:24 PM

You are human. You also have a job to do. Let your guard down when it's appropriate. Then recharge and do what you must do. As long as you are not breaking down when you should be doing your job, you will be ok. Thank you for what you are doing.

\_DonDraper\_ • 3 points • 29 March, 2020 12:59 AM

Think of it as your mission, there certainly must be some sense of pride in doing what you're doing. And get your motivation by thinking how inspiring it would be to step up to this challenge vs. giving up. Not to mention that you'll feel better prepared to tackle most obstacles that will come in your future, they'll seem like pieces of cake.

Kratz177 • 3 points • 29 March, 2020 01:24 AM

### **Be honest with yourself.**

If you think its too much to handle then don't continue. Soldiers have been discharged before when the stress got to them and instead, of being helpful they ended up making things worst for themselves and others.

However, if you strongly believe in the cause that you have to accept that bad consequences could happen and

still move forward. Have emotional support from parents, friends and love ones to keep you going.

rockstarsheep • 3 points • 29 March, 2020 01:35 AM

Moment to moment, day by day. You're doing a job that most people don't have the balls to do. It's rare breed that walks in the shadow of death, in order to serve others.

There's always more in the tank, but you have to take time, to take stock. Find a way to release your tension. Let it out. And when in doubt, remember those who sacrificed with you. If it gets too much; cycle out. Refresh and reload. Just take care. Thank you for who you are, and what you do.

Thatjuansailor • 3 points • 29 March, 2020 02:03 AM

Keep going hard bro. Also, thank you for your service.

oreosandmilf • 3 points • 29 March, 2020 02:05 AM

Absolute respect for you brother. This great challenge will only make you a better man out of it; I hope you know how important your service is to your community, and I hope that can give you the strength to keep going. Thank you for what you're doing and I wish you the very best.

pyth0ns • 3 points • 29 March, 2020 03:37 AM

Look at yourself in the mirror.

You're an elite!

Don't forget that! Don't you ever forget that, especially in these trying times!

Major respect for what you do!

subdermal13 • 2 points • 29 March, 2020 01:12 AM

You got this man!

Just know you have people who don't even know you rooting for you and all the other front line fighters!

teflifestyle • 2 points • 29 March, 2020 02:15 AM

Keep up the good work. It is brave to be in the front lines.

I got the virus in Italy a month ago. I had mild symptoms.

How bad can it get? And how accurate are the testing kits? because in Germany they do extensive tests and shows that the death rate is way lower, than in Italy. I read reports from doctors that covid virus family has many variations (which existed long time ago and people have it) and that some test cannot really show, which did the patient get. Do u mind saying more about it?

goatenciusmaximus • 2 points • 29 March, 2020 03:18 AM

It's ok dude, sometimes we think we are going to lose it but we don't because we're men and men handle shit. If you have to get out of the ER for crying for a few minutes, do it, it's ok, the same if you want to make a second post, this is how you keep it together. Send a private message if you need any more help.

tidder8888 • 2 points • 29 March, 2020 03:53 AM

What's the worse thing you have seen and does it affect old people worst than young people?

AJ\_KG\_JG • 2 points • 29 March, 2020 03:54 AM

Keep on truckin', we need people like you.

rnsbrum • 2 points • 29 March, 2020 04:13 AM

Oh dang, I read dont smoke rigth after hitting a joint and smoking a cigar lol

DuckCommanderH75 • 2 points • 29 March, 2020 04:28 AM

Listen to the One Punch Man Theme.

xxx69harambe69xxx • 2 points • 29 March, 2020 05:27 AM

the people need your strength, pull every last bit of it out for this

LazerSpin • 2 points • 29 March, 2020 06:01 AM

Brother, you do not have a choice. You will continue in the execution of your duty until the pandemic passes or you yourself are disabled by the symptoms. You will have time to reflect and rest and process and honor the fallen later. Now os the time for work. As low and weak as you feel those around you know that this is your finest hour.

i-am-the-prize • 2 points • 29 March, 2020 06:21 AM

Do not be angry at yourself with the emotions you're feeling. The best place to have shared them as in front of other men. Do not apologize for your post. We may not know you but we are more like you than your kin and likely most of your childhood friends.

Your family and your woman are looking to you for strength. That is normal and yes it does add some pressure. Being the Oak is not easy. They may not realize the pressure they're putting on you and they may not even thank you afterward that's the life of a man.

And do not let the hours and stress break your discipline your cleaning regimen your protective gear use your discipline and your hand-washing- so stick to the basics do not let the basics fall by the wayside.

2 of my bro's work in ERs at 2 diff hospitals. Shit is real, so I believe you.

Be strong. Survive. Don't quit. You'll come out stronger and you'll look back on this time and be proud or be ashamed - it's up to you.

trp1throw827 • 2 points • 29 March, 2020 05:09 PM

I expected toxic insults but this comment section is hopefull for the TRP community. This is how it's supposed to be, support & growth.

OP, Thanks for your service. An hero with tears on his face is still a hero. Stay strong

crisg87 • 2 points • 29 March, 2020 03:18 AM

What would you say to the people who aren't taking the virus that serious and are against social distancing and closing everything down?

Nergaal • 1 point • 29 March, 2020 01:41 AM

My 2 cents: limit your exposure as much as possible. Seems to me that if you get lightly exposed, you give your body a good chance to build antibodies as long as you rest and don't overload it with more viruses. If you get infected, as long as you rest, you will be fine.

riggedved • 1 point • 29 March, 2020 06:42 AM

I bow down to you for your service. Hang in there, buddy, our prayers are with you are your family. This shall pass too.

warthundersfw • 1 point • 29 March, 2020 07:52 AM

So is the old people only myth bullshit?

HumbleTrees • 1 point • 29 March, 2020 08:50 AM

"Man cannot remake himself without suffering, for he is both the marble and the sculptor".

This is where you remake yourself into a hero, into a man of bravery, and into a more stoic man.

Good luck and thank you for your services to humanity. You're already a hero to me.

YouSoGetMe • 1 point • 29 March, 2020 09:47 AM

To many of us you are an inspiration .. I hope you stay safe and I wish you the best for your everything!

Diche\_Bach • 1 point • 29 March, 2020 10:08 AM

You are brave and strong brother

ocebitkaj • 1 point • 29 March, 2020 11:52 AM

Just the fact that you are here asking about this and not about how some girl is not responding to your snaps even though she's quarantined shows you how much more of a man you are than most of the guys on here.

I bet after this you'll have a lot of stories to tell about the human condition.

Thank you for your service, stay strong.

codeGd • 1 point • 29 March, 2020 12:04 PM

You made me realize how entitled I am for not shedding sweat and fear I say blood like you and your comrades, I wish you the best of luck from the bottom of my heart.

As to all men and women who have been forced to step up for the greater good. I am not a godly man, but I pray and my prayers will be with you all, eternally ashamed that I cannot offer more.

Be strong, you're a hero.

NoMoreUncontrollable • 1 point • 29 March, 2020 12:22 PM

Cry if you must. But do it alone. It's tempting to wanna tell someone to relieve some pain. If you wanna tell someone choose a random dude. Even if he judges you it's ok. Who gives a fuck? You are just cleaning your inside from the stress. Negative emotion is bitch. Better let it out in a controlled way rather than exploding uncontrollably. And don't do it in front of your people. They need to see a strong man

[deleted] • 1 point • 29 March, 2020 02:05 PM

I have always admired people in the medical field. It's a tough job that takes a toll, can't imagine how it is nowadays.

Stay strong and thank you for what you're doing. If you ever need to talk/vent, drop a message.

Nastynatee • 1 point • 29 March, 2020 02:47 PM

Ty for your efforts man. Sincerely. I'm a past social worker/nurses aide for 7yrs so I get it. Thank u buddy. Be safe

jzekyll6 • 1 point • 29 March, 2020 02:55 PM

It's just a flu OP. Just drink Gatorade.



Joking aside

This is a war. Invisible enemy. This is when the impostor syndrome sets in. People will die on your hands. It's not your fault. Remember, the reason this thing was engineered and patented was to be used as a bioweapon. Think of it as cleaning up after the results of a bomb going off. Most people are going to die; Weapons kill.

Why was this engineered? China has a glut of men. These men have rioted. The government needed a way of ending this. They have.

Western governments have a problem with population glut of their own. The EU and US have a social security net for old people. But due to the baby boomers, there will be more people reliant on this than there are to pay for it. It will implode. Thus, the governments want baby boomers eradicated before they reach social security.

What does this mean for you? It means that the invisible enemy isn't the virus, it's the shadow government deep state. They are actively sabotaging you nurses by telling you zinc doesn't help (it does) and hydroxychloroquine doesn't help (it does). Obama gave away all of the US' masks and didn't restock. Trudeau gave Canada's supply to China, the original manufacturer.

This isn't negligence. It's intentional malfeasance and plausible deniability.

So just like the people on the front lines in WWI and WWII were the disposable pawns in geopolitical games so too are you the nurses. You are the front line in a new type of geopolitical game. The Cold War isn't fought by proxy anymore, it's fought directly. Invisibly.

So you're not just fighting a medical war, you're fighting an infowar. You've swallowed the red pill, it's time to start cramming red pills into your colleagues.

Don't fear death. Embrace it and help others embrace it. Good luck.

Logical\_Insurance • 1 point • 29 March, 2020 05:31 PM

If you'd like to write your account name on a piece of paper with today's/tomorrow's date and snap a quick photo of your mask-covered face at work holding it up while giving me the "rock-on"/devil horns sign with your hand, I will make a \$500 donation to the medical charity of your choice.

Logical\_Insurance • 0 points • 1 April, 2020 03:44 PM

What a shame, he didn't reply to me.

whiffofass • 1 point • 29 March, 2020 08:30 PM

Gotta admire all the people working in health care. I would have immediately quit my job and picked another occupation when the shit hit the fan.

[deleted] 28 March, 2020 10:06 PM

[deleted]

jackblack382[S] • 12 points • 28 March, 2020 10:13 PM

Would you say that to the health care providers taking care of your family?

user12345678654 • 0 points • 28 March, 2020 10:41 PM

If my health care provider can't take care of themselves.

What confidence do I have that they can take care of me or a loved one?

The current situation is an unfortunate circumstance that could have been very preventable at most or less severe at best if preparations were taken.

If it is possible to take a break I urge you to do so. Meditate if you cannot.

You are overloaded with problems. You must let those problems go and focus only on the solution. Lest you will burn out.

nDoMitable • 0 points • 29 March, 2020 12:22 AM

Dude you're holding yourself up like the government's bitch. If you're comfortable financially find something else to do and take yourself out of a situation you know you are going thin in. There's nothing wrong with looking out for yourself first. You posted this for a reason and in order to be that rock for your LTR and your family you have to be mentally straight first. Don't think staying is going to help any of that.

RedLegendx • 2 points • 28 March, 2020 10:45 PM

That coward mentality.

\_DonDraper\_ • 0 points • 29 March, 2020 12:44 AM

Fitting username.

RedLegendx • -5 points • 28 March, 2020 09:47 PM

Welcome to being a man.

Theowawayjustforu • -17 points • 28 March, 2020 11:29 PM

Theres nothing good about being a weak man.

jon94 • 5 points • 29 March, 2020 05:57 AM

Hi, different paramedic here. DM me your location. If you're anywhere near me, I'll arrange for you to spend a shift on my ambulance. You can join us in such fun activities as: wrestling meth addicts, telling mothers their children are dead, and facing the real possibility of dying as a result of daily exposure to deadly diseases.

Oh, wait. You won't do that. You're just a little bitch behind a keyboard.

Theowawayjustforu • 0 points • 29 March, 2020 12:05 PM

Great and I'm sure if you put a weak man in that role they wouldn't last.

jon94 • 1 point • 29 March, 2020 12:29 PM

Still haven't gotten your PM big guy.

Theowawayjustforu • 0 points • 30 March, 2020 01:42 AM

I think your a little confused pal. Tell me than if the statement is incorrect than would the following statment be true "there's nothing good about being a strong man"

jon94 • 1 point • 30 March, 2020 01:47 AM

Ok well... inability to speak English aside, your argument doesn't make sense.

Having a weak moment in the face of literal threats to your life on a constant, daily basis doesn't make you a weak man. Your statement of "there's nothing good in being a strong man" is an obvious strawman.

Once again, come ride the ambulance with me. Let's see how strong you are. See if the 10

year old paralyzed in an ATV wreck 2 hours from the nearest pediatric hospital does it for you. See if her realizing her daddy is dead while my coworker is cutting his chest open rustles your jimmies. Better yet, get your EMT license (it's literally a semester part time) and go out and make an actual difference in the world instead of being Billy Badass behind a keyboard. You'll find real quick that weak men don't do this job.

Theowawayjustforu • 0 points • 30 March, 2020 02:44 AM

And your last sentence describes what I was trying to say in my first post. OP is having a moment of weakness and i was making the statment that "theres nothing good about being a weak man"

jon94 • 1 point • 30 March, 2020 02:45 AM

You're saying having a weak moment and being a weak man are equivalent. They are not. Having done this job for 5+ years I can tell you everyone breaks eventually. You step out, compose yourself, and get ready for the next one. But something tells me you've never had to face the kind of shit OP does for 36-48 hours every week.

Theowawayjustforu • 0 points • 30 March, 2020 03:04 AM

I was not trying to insult OP, but trying to give him something to get through his troubled moment. A favourite quote of mine.

LazerSpin • 5 points • 29 March, 2020 06:01 AM

This isn't weakness, homie