

Mental illness, especially depression, changes how one sees and feels in the world. It tricks the person into believing their view is accurate- that they are drowning and can't hold on anymore. If one is actually in the ocean and has been holding on and holding on, eventually one can't hold on anymore. When they finally let go, it's not because they don't love their family or because they are selfish. It's that they ran out of strength. In fact, maybe it was the love they had for their family that gave them the strength to hold on as long as they did.