

How 'I am OK' has finished people in Kampala

EDITOR: A friend of my sister went to her office and requested her for a desk where she could do her work from because she could not afford the rent in town.

A desk was offered but asking her how she was doing, she said she was "OK".

Under the word "OK" she was dying on the inside. She had family problems and had lost her job during COVID-19. The marriage was in tatters and beyond repair, but she couldn't talk.

Even the typing on her laptop, we later found out she was basically typing nothing just to show she was busy working, but the real truth was that she was running away from home because the fights were too many. After three weeks, she died of depression because of covering up her marital challenges. Had this friend of my sister said "I am not OK", she would probably still be alive. What am I trying to say? Many friends and relatives of ours are dying silently because the society we live in has turned away from people with "problems" that need a small therapy like listening and advising. The moment someone shows signs of looking for help, people stop associating with them because they think they will become a burden and are sentenced to be failures.

These people developing negative thoughts of even committing suicide.

The signs start showing slowly like dressing badly, talking to oneself, disappearing from social groups, going hungry, smoking and overdrinking cheap liquor, walking long distances in the night (no transport), etc and when you meet them and ask them how they're doing, they'll say: "I am OK."

My brother, that is the sign and time you need to come in and help. Offer them a listening ear and probe further.

These people have incurable diseases like cancer, have lost jobs/contracts, have debts with moneylenders and banks, have marital problems, have family wrangles, have been cheated and conned, etc.

Should you leave these people alone, they will definitely die and you will be the first to reach the morgue crying crocodile tears.

Why not start now and develop a helping heart? A heart that listens and advises these people who are dying silently. Some of them have called and sent you several messages but you press 'busy' and ignore their calls and WhatsApp messages respectively. And all they wanted was transport or food for their children!

My friend, get your silky iphone right now and reach out to these people, you won't believe how many lives can be saved by a mere phone call. And when you help, don't rumour mongering and start chest-thumping as to how you saved a helpless brother.

The Bible tells us: "But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you."



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