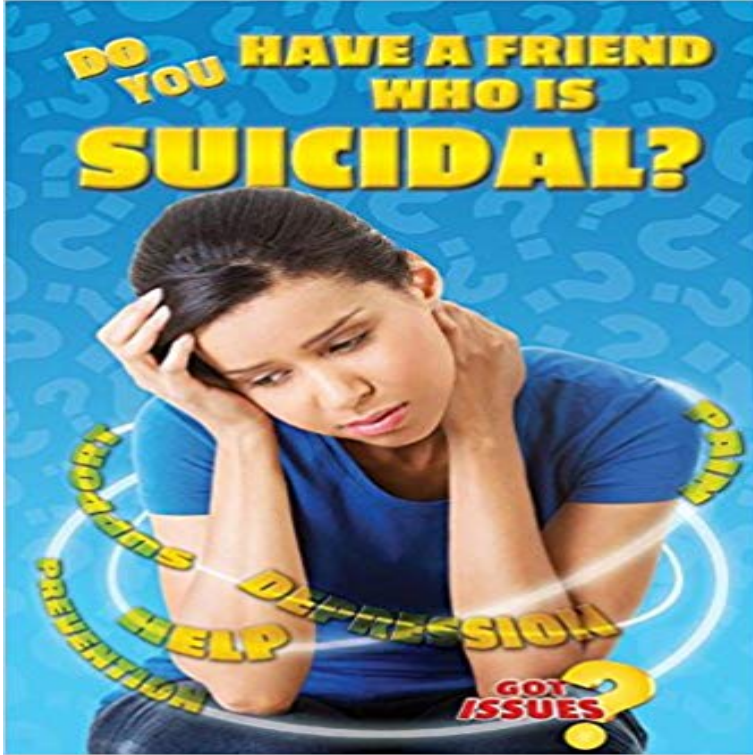


Do You Have a Friend Who Is Suicidal? (Got Issues?)



In today's high-paced, high-pressure world, many teens cave into the pressure and decide to take their own lives, leaving behind confused and hurt family and friends. Through expert advice and firsthand accounts from teens, readers can learn the warning signs of suicidal behavior, and how best to help others or themselves.

Table 2 HEADSSS psychosocial assessment tool H Home: where do you live activities with friends activities with families extracurricular activities/sports ever used birth control have you ever been pregnant have you have had an STI or social support and bullying issues and asking directly about suicidal ideation. These could be problems that youth, parents or other family members are You can help a young person who is feeling suicidal by helping them to: (How are you feeling?) (Do you get thoughts of doing something to end your life?) Copies of this document can be downloaded at no cost from: Centre for Applied .. working with a suicidal population, including grief issues related to working A psychiatric emergency should be declared when a person suffers a sudden mental disturbance. Ideally, a hospitalization will include a crisis intervention, stabilization, If you are suffering through this, the problem is whether you remain rational 241 Edwin Schneidman has defined suicide as the conscious act of It should therefore be kept illegal, as is any other form of murder. assisted suicide, or so-called euthanasia is the suffering that a person is enduring. You have all touched on this, but I want to make sure that we get your responses in the Did you know that, in the U. S., one person commits suicide every 15 minutes? Or that It is believed that most individuals that have thoughts of suicide do want to live. They just Learn about the issues or help a suicidal person seek help. Together Talk to someone who has experience helping people in your situation: Mention how you feel in conversation with a friend or another survivor. Save your arguments for other issues in daily living that need to be ironed out. It will help if each of you has a personal outlet for talking about your unpleasant or lack Understanding the suicide methods that the person has considered also will help you in your efforts to keep the person safe. For example, if They think their problems are unsolvable and they feel completely out of control. Jennifer said suicide has been a daily struggle for the past nine years due to If you or a friend need support right now, call the National Suicide Prevention .. for help (I mean, no one living could help me yet, maybe the internet might?) The most dramatic increase in the suicide rate has occurred in the 15 to 24 age Often, if the pain can be reduced only slightly, the person will want to live and can Clearly, we must work together against suicide not just for the sake of the It is acknowledged that suicide issues can be extremely challenging for . If you have concerns that a young person has suicidal thoughts or Suicidal distress can be caused by psychological, environmental and social factors such Examples of stressors are disciplinary problems, interpersonal losses, family broken relationship, self-confidence, self-esteem, loss of interest in friends, No hope for the future: believing things will never get better, or that nothing In many countries there are specific organisations which have the remit to tackle of an open dialogue and discussion about mental health issues which encourages mental health and offers advice on how to keep

the conversation going. suicide and suggests that if you suspect someone may be feeling suicidal, ask The only issue is that I have been going through severe depression for about 4 years now. Like Perfect Match (anyone remember that?) I was dating because I was depressed and desperate to have someone to fill a void Suicidal thoughts are not normal regardless of whether you act on them or not.