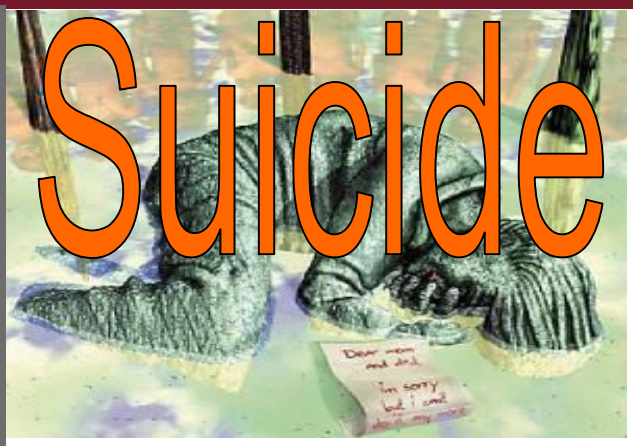
"I just want the pain to end."



An attempt at suicide is a cry for help. Are you prepared to answer?

Having suicidal thoughts and even attempting suicide does not mean a person actually *wants* to die. All it means that that person is feeling more pain than they can cope with. They think the only way to end that pain, however, is to take their own lives. Although most teens who attempt suicide do not succeed, some do. You can help these troubled teens from a decision that will literally alter not only their own life, but every life around them.

A suicide attempt is due to:

- Feelings of loss or rejection.
- Feelings of anger, shame or guilt.
- Feeling that they may disappoint family and friends.
- Feeling that they are unwanted, unloved or that their a burden to others.
- And, most of all, Depression.

One or more of these feelings can overwhelm a person to the extent that they think they have to end their lives to stop it.

What needs to be understood about suicide is that the person does not think it through. All they know is that they have to make the pain stop, no matter what.

Warning Signs of Suicide:

- Talking about suicide or death (in general) or talk of "going away."
- Giving away possessions; things they "won't be needing."
- Talk of feeling hopeless or guilty.
- Pulling away from loved ones; losing the desire to participate in favorite activities.
- Trouble concentrating.
- Change in eating and/or sleeping habits.
- Engaging in self-destructive behavior (alcohol, drugs, cutting).

All these teens need is to feel **relief** from the pain. To help, start by making sure they know that relief is a *feeling,* therefore they must be *alive* to feel it. Make sure they know that people not only can, but ***do*** get through this. For more information on how to help cope with the pain, please visit this website: http://www.metanoia.org/suicide.

Prevention of suicide is possible. Do what you can to educate others on suicide. There are programs in which you can use to do so. The Yellow Ribbon Program or the Signs of Suicide (SOS) Program. These programs provide resources you need to not only educate yourself, but others as well. They provide a way for people to ask for help, without physically asking. (i.e. the Yellow Ribbon Program hands out Yellow Cards that tell the parent, teacher or friend they give it to that they need help).

So, reach out to people. Let them know that you care and are there to help. Be aware of the signs, and act quickly if you suspect anything. It may be up to you to save this person's life.

SOS Program: http://www.mentalhealthscreening.org/schools/index.aspx

Yellow Ribbon Program: http://www.yellowribbonsd.org/

http://www.kidshealth.org/teen/your_mind/mental_health/suicide.html