

Unconditional H-O-P-E

Suicide is the second leading cause of death for adolescents ages 12–18.

Hopelessness is a terrible state of mind. Teens see themselves as lost, no one cares, with limited options for help which contributes to loneliness and isolation. Because of this, many teens begin to think suicide can be an escape from their own feelings and believe there are no answers to their problems. Experts have uncovered a disturbing fact: thoughts (ideations) of suicide can occur as early as 12 years old.

We can make huge difference in a young person's life. All it takes is some time to listen, be aware, and not be afraid to reach out and ask, "is there anything I can do to help?" This requires courage and commitment to take necessary action and potentially save a life.

"What can we do to save lives?"

By a change in our attitude we can get teens to recognize communication, knowledge and awareness saves lives.

A disturbing fact is that 4 out of 5 teenagers who attempt suicide have given clear warning signs. Research shows the majority of students who are contemplating suicide give some warning signs either verbal, written or behavioral. By recognizing these cries for help and offering hope, suicide can be prevented. If we are aware of these signs and know how to ask the right questions or see the non-verbal clues, we possess the ability to intercede with 80% of teens who are considering suicide.

Here are some clues that a teen may be contemplating suicide:

1. Withdrawal, isolation
2. Believe no one cares
3. Problems in school
4. Abuse of alcohol or drugs
5. Past suicide attempts

On a daily basis young people's lives are inundated with all types of information that deliver complicated messages. They come from social media, TV, movies, and online games. In addition, even more prevalent are the stressors placed upon teens with complicated relationships such as peers, family, school activities, etc.

To start a conversation with a person who you feel is overwhelmed, or perhaps exhibiting signs of suicidal thoughts, here is a way to give H O P E.

H*ope*

- Support
- Giving Voice

c**O***mmunication*

- Ask questions
- Listen Carefully

P*revention*

- Reach Out
- Identify Clues

E*ducate*

- Knowledge
- Awareness

To provided HOPE, we need to be more aware and knowledgeable on how to Question, Persuade and Refer teens to appropriate resources for intervention.

For more information about Suicide Prevention Training call 518-505-4836 or visit our website: www.couragethroughaction.com