

Suicide

What does it feel like?

On the outside, Tory seems to have it all. She's smart, pretty, and popular. But, inside Tory feels ugly, scared and sad most of the time. She hides how she really feels from everyone, including her friends, her boyfriend, and her parents. Tory does not want to worry anyone with her problems so she keeps her feelings bottled up inside. She thought cutting herself would make her feel better. But, now the cutting does not relieve her pain. Tory's parents have a lot of prescription medication in their bathroom and she has been thinking about trying to take them to make her pain go away.



Keith thinks a lot about dying. He thinks he'll be free from all of the sadness and pain he feels. Keith has been picked on by kids at school for years and now his dad has lost his job. Things at home are tough; his parents fight about money all the time and don't seem to even know he is there anymore. His dad has a gun and Keith knows exactly where he keeps it. He thinks no one would care if he just died. He is seriously considering ending it all.

Tory and Keith are having suicidal thoughts for different reasons. Suicide is taking your own life or killing yourself. People can develop suicidal thoughts for a lot of different reasons like being depressed or anxious, being abused, having problems with peers, having problems at home, low self-esteem, failing in school, or alcohol/drug use. People who are having suicidal thoughts may suddenly change from being sad or worried to being very calm, give away things they own to others, or talk about death or suicide. But, sometimes people who are suicidal don't act any differently than they usually do. It's important to pay attention to how you are feeling, don't ignore the problem. If you or someone you know seems suicidal, get help immediately.

Who feels suicidal?

Anyone can have suicidal thoughts at some time in their life. Difficult life events such as physical abuse, sexual abuse, serious family problems, money problems, failing in school, breaking up with a boyfriend or girlfriend, death of a loved one, or difficulty dealing with sexual orientation may lead to suicidal thoughts. If a person struggles with depression or anxiety they also have suicidal thoughts. Sometimes people feel that their life is too much to handle and that they just can not deal with the pain they are experiencing. They feel that the only way to feel better is to die. It is important to pay attention to how you are feeling, don't ignore it. If you are having these thoughts, please tell some one immediately so that you can get help. It can get better.

What helps suicidal thoughts?



If you are having suicidal thoughts or you think a friend or family member is having suicidal thoughts, tell someone who can help like a parent or an adult (like a relative, counselor, teacher, coach, or minister) you feel comfortable with immediately. It is important not to ignore how you feel. A counselor is a person trained to help people deal with thoughts of suicide; it's a good idea to talk with counselors at your school or in your community, or with your medical provider (like a doctor or nurse). Friends are great to talk to and they are usually helpful in a lot of situations, but for serious situations like having thoughts of suicide, it is important that you talk with an adult. If you don't feel comfortable talking to an adult by yourself, you might ask a friend to help you.

Related Links

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

<http://www.girlshealth.gov/mind/help.suicide.htm>

<http://www.yellowribbon.org/>

Call 1-800-SUICIDE

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