

Coping Skills

There are many things that you can do when you are overwhelmed to help relieve your feelings of anxiety and stress:

- Spend times with your friends and family—talk to them about your concerns.
- Get involved with a group that makes a difference—volunteer!
- Spend time outside and enjoy nature.
- Read a good uplifting book or see a comedy.
- Exercise, dance, sing.
- Start a journal or blog; write about it.
- Make a list and prioritize it.
- Spend time with your favorite animal.
- Enjoy some comfort foods—in moderation of course!
- Ask for help!

Feeling overwhelmed is natural but learning how to cope is a necessity!

Additional Resources

If you are in crisis and need immediate help, please call 911 or seek additional assistance:

- National Suicide Prevention Lifeline: 1-800-273-TALK
- Stop a Suicide Today!: www.stopasuicide.org
- Suicide Awareness Voices of Education: www.save.org
- Suicide.org: www.suicide.org
- Suicide Prevention Resource Center: www.sprc.org
- Youth Suicide Prevention Website: www.youthsuicide.ca
- Yellow Ribbon: www.yellowribbon.com or 1-800-suicide



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National Association of
Students Against Violence Everywhere
322 Chapanoke Road, Suite 110
Raleigh, NC
Toll Free: 866-343-SAVE (7283)
FAX: 919-661-7777
www.nationalsave.org

**Youth Voices...
Grown-Up Choices!**



**Suicide:
Information &
Prevention**

No one really wants to die by suicide...



they just want their pain to end.

SUICIDE

Adolescent suicide is an increasing problem in the U.S. and is a threat to young people of every race, ethnicity, and socioeconomic status.¹ There is no typical suicide victim.

ESCAPE

No other way out

Why does suicide happen?

Young people who attempt suicide and survive say they attempted to commit suicide because they were trying to escape a situation in which they could find no other way out. Personal loss or crisis, family problems like divorce or conflict with parents or social isolation and a feeling of loneliness can be triggers for feelings of despair. Many teens report using attempted suicide as a way to express internal pain.

For every completed youth suicide it is estimated that 100-200 attempts are made .¹

Warning Signs

There are many signs to watch for that may indicate someone is thinking about suicide. The more signs a person displays, the greater the risk.

- Talking about dying
- Recent loss
- Change in personality or behavior
- Change in sleeping patterns
- Change in eating habits
- Fear of losing control
- Low self-esteem
- No hope for the future
- Withdrawal from activities that were once pleasurable
- Giving away favorite things
- Previous suicide attempts
- Substance abuse
- Suicidal impulses, statements, and/ or plans

9 out of 10 adolescents who commit suicide, give clues before the suicide attempt.¹

Codes of Silence

It is very common for those who are thinking about committing suicide to request secrecy from anyone they talk to about their suicidal thoughts or plans. It is better to risk having a friend upset with you and alive then to keep their suicide a secret and irreversible harm occur.

¹www.kidsgrowth.org/resources

Suicide Prevention: You Can Help - ACT!

Acknowledge

Take it seriously when someone talks to you about suicide, and be willing to listen.

CARE

Take the initiative, and voice your concern.

Treatment

Get professional help immediately.

Who Can Help?

If you are worried about yourself or a friend, talk to a trusted adult as soon as possible. This could be any of the following people:

- School counselor
- Teacher
- School Resource Officer
- Social Worker
- Parent
- Friend's parent
- Pastor
- Mentor
- Police Officer
- Community Member
- Coach
- Advisor