



Nineline **1-800-999-9999** it's free!

suicide

Are you or a friend coping with depression or thoughts of suicide?

what is suicide?

Most kids who kill themselves, or try to, simply can't think of any other way to solve their problems. If you, or a friend, are feeling overwhelmed, stressed-out, are dealing with feelings of anxiety, fear, anger, guilt, shame, grief, etc, or are coping with depression or thoughts of suicide, this is the place to talk to someone who can help you find a better solution.

Suicide is the third leading cause of death in 15 to 24 year olds (after accidents and homicide). Teenagers are under a lot of stress to be liked, to do well in school, to get along with their families and to make important decisions that will lead to a happy adult life. Most of this stress is unavoidable, and it is natural to worry. But if you, or a friend, are fantasizing or talking about suicide, you should find help now.



am I suicidal?

If you answer "Yes" to three or more of the questions below, you may be suffering from depression and/or may be at-risk for committing suicide.

(Note: This quiz is not meant to replace a clinical diagnosis by a licensed physician. It is only meant to give an indication of a possible problem.)

1. Have you experienced a sudden change in appetite or weight?
2. Have your sleeping patterns changed?
3. Are you less energetic and more tired?
4. Are you feeling guilty or worthless?
5. Are you having difficulty concentrating or making decisions?
6. Are you uncommunicative, depressed, and withdrawn?
7. Are you speaking, thinking or moving slower than usual?
8. Are you disinterested in things that normally make you happy? (school, work, sports, friends, family?)
9. Are you obsessed with thoughts of death, dying and suicide?
10. Have you attempted suicide in the past?

The best thing to do once you've identified that you are feeling depressed or suicidal is to talk about your feelings with someone you can trust.



why am I suicidal?

There are many reasons why teenagers become suicidal. They include everything from stress to the loss of someone they love.

If you or someone you know is considering solving these or other problems through suicide – it's best to seek help. Suffering these feelings alone can only make them worse, and make problems seem insurmountable.

Knowing that you are not alone can help you deal with the problems and the feelings of helplessness and hopelessness.

1. Feelings of loneliness, helplessness, hopelessness and depression Many things can make you feel this way:

- * Loss of someone you love (the breakup, separation or death of a boyfriend/ girlfriend, family member, friend, pet)
- * Loss of self-esteem (poor school performance; physical, sexual or psychological abuse)
- * Physical changes (having to wear glasses, braces, or a cast; your changing body)
- * Change in your family (new step-parent; a parent who suddenly goes to work after having been home all of the time)
- * Change in your living situation (moving; running away from home; becoming homeless)

2. The chronic mental illness, depression or suicide of a friend or family member

Most teenagers look up to their friends and family members. If you have a chronically mentally ill or seriously depressed friend, parent or other family member, you might find yourself overwhelmed and frightened by their behavior and begin to behave that way yourself.

3. Family changes

Teenagers rely on their families a lot as they grow into adults themselves. You may feel lost or confused by an unstable family. Perhaps your family moves so much that you have to adjust to new schools and friends. Or perhaps your parents have granted you too much independence and you feel you're not ready to make all your own decisions just yet. If your family structure changes suddenly – through separation, divorce, the absence or death of a parent – you might feel a sudden change in your outlook on life.

4. Stress, fear of failure and the pressure to succeed

Being a teenager is an extremely stressful time for many kids. Your physical growth, sexuality, pressures of relationships, school and more can lead to so much stress you feel you just can't cope. The pressure to succeed at home or school can also lead to depression and thoughts of suicide. Some kids snap under the intense pressure and are embarrassed when they think they've failed. Many kids experience seemingly overwhelming problems – simply because they've had little experience handling stress. They may doubt their ability to survive a particular crisis and choose suicide as a way out.



5. Drugs And Alcohol

Drugs or alcohol are involved in 70% of all teen suicides. Abuse of these substances affects your judgment and can exaggerate bad feelings. For most people who are feeling anxious, depressed, angry or hopeless, drinking or taking drugs to excess only makes them feel worse.



is it my fault?

People feel anxious, depressed or suicidal for many different reasons. Many young people blame themselves for all kinds of problems or conflicts they have with family, friends, or even in school.

They start to believe that their families and/or the world would be much better off without them. It's much more helpful to figure out why you feel this way and find help rather than blaming yourself or someone else.



warning signs include:

1. * Feelings of anxiety, loneliness, grief, anger or depression
2. * Thoughts of suicide, death, dying or the afterlife
3. * Impulsive and aggressive behavior; frequent expressions of rage
4. * Previous exposure to someone else that committed suicide
5. * Family loss, instability or a significant family conflict
6. * Recent stress (e.g., difficulties in dealing with sexual orientation; unplanned pregnancy or other significant real or impending loss)
7. * Reliance on drugs or alcohol

If this describes you or a friend, remember you are not alone, talk to someone: -- a relative, sibling, your other parent, a friend, a counselor or therapist, a priest, minister, rabbi or spiritual advisor about what you are feeling. Remember, you are not alone and can get help with this.



how do I get help?

There are many places to turn for help with feelings of anxiety, depression or thoughts of suicide, including the Covenant House Nineline.

Other hotlines include:

National Hopeline Network/National Suicide Hotline 1-800-SUICIDE
(1-800-784-2433)

The Trevor Helpline specializing in gay and lesbian suicide prevention
1-800-850-8078



how can the Nineline help me?

Just call the **Covenant House Nineline** at **1-800-999-9999**; TTY: 1-800-999-9915 or follow this link to the **Nineline Forum on suicide**. The Nineline staff is ready to talk with you any time of day. You talk. We'll listen.

We can help you figure out what to do.