

SUICIDE IS A CRY FOR HELP!



Suicide is the act of an individual who makes an intentional, direct, and deliberately effort to end their life.

Life can be complicated for many teens, and for some, this emotional overload can lead to depression, or alienation, the feeling of being isolated and separated from everyone else. When teens find themselves desperately unhappy with the life they live, they resort to suicide as an escape to ease the pain that lingers inside.

Don't let suicide be the remedy to end your life! Speak up and reach out!

If you know a teen who is thinking about suicide or are you at risk for suicide, take it seriously; you can make a difference!

RESOURCES

Department of Health Injury Prevention & Control
Leahi Hospital/Trotter Building Basement
3675 Kilauea Ave.
Honolulu, HI 96816
Ph. (808) 733-9201
www.nogethurt.hawaii.gov or <http://hawaii.gov/health>

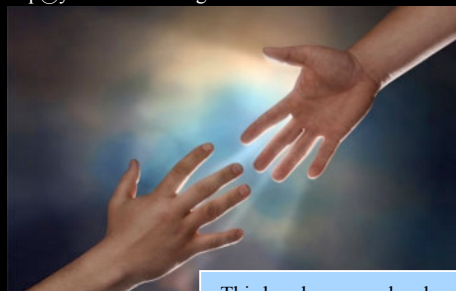
Pua Kaninau-Santos
Queen Lili'uokalani Children's Center
1300 A Halona St.
Honolulu, HI 96817
Ph. (808) 851 7731 or (808) 271 8582
Email: kkanina@qlcc.org

SAVE – Suicide Awareness Voices of Education
8120 Penn Ave. S., Suite 470
Bloomington, MN 55431
Phone: (952) 946-7998
www.save.org

American Association of Suicidology
5221 Wisconsin Avenue, NW
Washington, DC 20015
Phone: (202) 237-2280
Fax: (202) 237-2282

American Foundation for Suicide Prevention
120 Wall Street, 22nd Floor
New York, NY 10005
Phone: (212) 363-3500 Toll-free: 1-888-333-AFSP (2377)
Fax: (212) 363-6237

Yellow Ribbon International Suicide Prevention Program®
PO Box 644, Westminster, CO 80036-0644
Phone: 303.429.3530 Fax: 303.426.4496
www.yellowribbon.org
ask4help@yellowribbon.org



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This brochure was developed for teens and parents by Jourdan Cachola, a senior from Farrington HS Class of 2010 as her Senior Graduation Project.

TEEN SUICIDE



Let's Talk About It!

WHAT INCREASES A TEEN RISK OF SUICIDE?



❖ Relationships:

- Parents
- Family
- Boyfriend/ Girlfriend
- Friends
- Others

❖ Emotional Distress:

- Depression/ Alienation
- Bi Polar
- Anxiety
- Eating Disorder

❖ Loss:

- Death of a loved one
- Breakups

❖ Bullying:

- Cyber
- Physical
- Emotional

❖ Sexual Orientation

- Gay
- Lesbian
- Bi Sexual
- Homosexual

RECOGNIZING THE WARNING SIGNS

❖ Verbal Signs

- Direct Statements:
 - "I want to die."
 - "I hate my life."
- Indirect Statements:
 - "I won't be a problem for you much longer."
 - "Nothing matters."
- Writing poems, songs, or diary entries about death

❖ Nonverbal & Behavioral Signs

- Withdrawal from friends
- Feelings of guilt, shame, or rejection; hopelessness, negative self-evaluation
- Lose interest in favorite things or activities
- Substance Abuse
- Sleep Pattern
- Drop in grades
- Dramatic changes in moods, hygiene, or appearance
- Seeing no reason for living



SUICIDE IS PREVENTABLE!!!

GET HELP NOW!



❖ Talk to someone you TRUST about your problem(s):

- A friend
- Family Member
- Coach or Mentor (someone who helps you – teach, athletic activity, etc.)
- School Counselors/ Teachers
- Religious Leaders (Pastor)
- Doctors
 - Psychiatrist
 - Therapist
 - Others

❖ Hotlines to call:

- ACCESS Line
832-3100 or 1-800-753-6879
- Teen Line Hawaii
521-TEEN or 1-877-521 TEEN
- National Suicide Prevention Lifeline, 1-800-273-TALK