

Depression and Suicide

Depression

- Period of sadness; feeling emotionally low

Are there certain times that people get more depressed?

- Birthdays
- Holidays parties
- Winter time
- Life changes
- What do you think?

Common causes of depression among teens

- Family problems
 - Alcohol and other drugs
 - Friends
 - Relationships
 - Trauma
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- Teen depression is no easier or harder to deal with than adult depression

Abnormal Depression

- Lasts for more than a few days
- Interferes with normal daily activities
- Requires professional interventions

Prolonged Depression

- Sudden drop in grades
- Loss of interest in usual activities
- Feelings of sadness and discouragement
- Change in appetite
- Change in sleeping patterns

Warning Signs of Depression

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Self-loathing
- Reckless behavior
- Concentration problems
- Unexplained aches and pains

Introductory Activity Reactions

- What was your initial reaction when I told you Sarah Killed herself?
- How do you think Sarah's family and friends were affected?
- If you could talk to Sarah what would you say to her?
- How many of you know someone what has thought about, or has actually attempted suicide?

Dying is Not an Option by HMR

- <http://www.hrmvideo.com/catalog/dying-is-not-an-option-thinking-about-suicide>

Why do you think teen suicide is on the rise?

- More complex society
- Constant competition
- Constant stress facing youth
- Greater use of drugs
- Deteriorating family structures
- Deteriorating communication

Are there patterns between people who might be prone to attempt suicide?

- NO
 - No class
 - No race
 - No gender
 - No economic barriers

Some solutions for solving teen suicide?

- Learning to relate to others
- Educating people on warning signs and risk factors associated with suicide

Myth V. Fact about Suicide

- 1. Suicide usually happens without any warning
 - Almost all suicide victims leave some clue or warning signal. Most people are not familiar with these warning signs and only recognize them after the fact
- 2. More young females commit suicide than young males
 - More females attempt suicide, but more males complete suicides. Males use more violent, permanent methods e.g. guns, knives.

- 3. Suicide is decreasing in the United States
 - Suicide is on the increase
- 4. People who talk about suicide never attempt suicide
 - Talking about suicide, even if done in a flip, or humorous way, is a verbal clue that a person is having suicidal thoughts.
- 5. People who have committed suicide really want to die
 - Most suicides attempts are a cry for help. Even those who are successful have left signs for help that went unheeded.

- 6. Most suicides occur at night
 - Most occur in the late afternoon and early evening because most people want to be found and saved.
- 7. Never talk about suicide to someone who is thinking about committing suicide
 - Talking about it is the best thing to do. It gives the person an outlet to express his/her cry for help, and realize others care and can help.
- 8. Someone who has attempted suicide in the past will never try again
 - The majority of suicide victims had at least one unsuccessful attempt.

- 9. Suicidal tendencies are inherited
 - There is nothing genetic about suicide
- 10. There is nothing you can do to prevent from committing suicide
 - Most people do not want to die, but they do not know how to seek help. Learning to recognize warning signals, and not being afraid to talk to the person about suicide can help to prevent many suicides.

Suicide Points

- Do not act as if nothing is wrong if you think someone you are close to is thinking about suicide
- Don't ignore suicide threats or statements
- Don't be afraid to ask the person if they are thinking about suicide
- Be a good listener and encourage friends to talk about feelings
- If someone confides with you – get help
- Don't worry about having the right answers
- Don't moralize or judge the other person's perceived depression, loneliness and despair
- Do not try to solve the problem yourself
- Don't be fooled by "Don't worry, I will be fine; just leave me alone"

Warning Signs of Suicide

- Prolonged Depression
- Unsuccessful Suicide Attempts
- Feelings of Hopelessness
- Verbal Threats of Committing Suicide
- Extreme Euphoria Following Depression
- Traumatic Loss

Feelings of Hopelessness

- Nobody Cares
- Nobody Loves Me

How you can help!

- Remain Calm
- Deal directly with the topic of suicide
- Remember that the person is not thinking clearly
- Get help