HOW TO HELP A SUICIDAL TEEN

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Teen suicide is a very sensitive and a very serious issue. According to the World Health Organization (WHO), teen suicide was the second leading cause of death in 2012 among young people, ages 15 to 29, worldwide. We should take every case of suicide very seriously and never make fun of it.

Different studies show that most teenagers who attempted suicide were overwhelmed by extreme hopelessness. There are many reasons why a teen becomes suicidal. It could be from internal factors that comes from within themselves in which may include their feeling of being useless, ugly, unimportant, or they could be suffering from depression. It could be also from external factors. These includes being pressured by the parents, being pressured to do well in school, bullying, their financial status, death of someone important to them, abuse, and a lot more. These kinds of cases may cause a disarray in the mental states of suicide-prone teens which makes them feel like there is no way out of the situation they find themselves in, and it leaves them thinking that they have no one to blame but themselves.

You can’t immediately notice if someone is going through something like this but if it happened that someone you know feels suicidal, inform his parents or loved ones immediately. He is crying for help even if he doesn’t say or tell anything about it. You should respond before anything is too late. Encourage him to seek professional help. It can be from a church leader, psychologist, psychiatrist, school counselor, or teacher. Express your support. Be willing to and be ready to give him a lot of support and assistance. Your presence alone will make him feel loved and cared. Just knowing that you’re always there for them and always there to help can make all the difference.
References:


Health and Home Vol. 1 No. 1 January - February 2017 Issue: How to Spot and Help Suicidal Teens by Natalie M. Baldoza