SAY NO TO SUICIDE!

by:
Hazel Mason Florendo
Teacher-Applicant

Suicide is never an option. It's a bad idea to suffer in silence. If you are suffering from any kind of mental disorders, stress, breakups, bullying, financial problem which hampers you mentally and emotionally, please consult a psychologist, or psychometricians or psychiatrist. They can help you to meditate your problems. There are a lot of preventive measures that we can use to avoid suicidal. According to the well-known psychologist, if you have a problem or difficulty, find a person you can talk to in order to figure out the solution to the trouble.

Suicide is preventable. But how can we prevent suicide? What are the different preventive measures that we can use? Perhaps try to have some reflections; we can first keep our secrets or worries in the diary or any portfolio as a remedy to our mental disorders. Hence, if you need some piece of advice, you can talk to your close friends or family members. The best way is to consult to a specialized person; he or she will help by all means.

World Health Organization is alarmed to this kind of issue. They conduct National suicide prevention strategies just like seminars or symposiums to the different schools, and other local communities. They also provide free consultation and therapy to those persons who are victims of trauma and harassments. The psychiatric public hospitals can undergo assessment and management of patients of Patients at Risk for Suicide.

Hence, suicide is preventable in many ways. We should value life. It’s nice to live in a peaceful environment. Learn to face your fears with bravery, open mind, and lack of prejudice. It means making the most of what you have and never settling for less than the life you are capable of living. It means being truly alive and awake to life and not asleep in life’s waiting room. Be optimistic. Always look in the brighter side of life.
References:

https://www.stopbullying.gov/