SUICIDE AND RESILIENCY

“**TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO”**

Some people have more difficult times than other people do, but those difficult times don’t have last.

People who hang in are resilient

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** is to be able to adjust, recover, bounce back and learn from difficult times.

When those bad things happen it can put you into a life crisis where you experience a high level of stress.

1. EMOTIONAL RESPONSES: RESPONSES USED TO COPE WITH A LIFE CRISIS
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. BEING ANGRY
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. BEING DEPRESSED
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\**Drinking alcohol interferes with a person’s ability to cope with a life crisis. Alcohol intensifies feelings of anger and depression.*

HOW TO PREVENT SUICIDE

A philosopher once said “The three grand essentials to happiness in life are: something to do, someone to love, and something to be hopeful for.”

* Something to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: gives sense of accomplishment
* Someone to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: gives you a chance to share thoughts, feelings, disappointments
* Something to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: you look forward to the future.

How to Recognize Signs of Suicide

* Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ statements
* Make indirect statements about killing themselves.
* “I wonder where I can get…”
* Have a change in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Withdraw from family and friends
* Losing interest in personal appearance
* Having preoccupation with death and dying
* Make frequent complaints about physical symptoms related to emotions, such as stomachaches
* Use alcohol and other drugs
* Lose interest in school work
* Give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ away
* Talk about getting even with others
* Fail to recover from a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ loss
* Run away from home
* Have a close friend or relative who has committed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What to do…

* Look for warning signs, especially watch when you know they are depressed
* Listen without giving advice
* Take them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
* Ask them if they have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Do not be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to secrecy
* Call a parent, a guardian, or other responsible adult immediately.
* Stay with them until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_help arrives

How to be Resilient

* Work on your relationships with family and friends
* Develop a close relationship with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Choose friends who are supportive and who have responsible behavior
* Do not put off dealing with difficult situations
* Avoid choosing harmful behaviors as a way to cope
* Ask for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when you need it
* Be involved at school and your community