

Teens: Suicide

Everyone feels hopeless or down at times. If you are thinking of ending your life, you do not have to act on these thoughts. With help, you can get through these times. You are not alone.



Talk an adult you trust like a family member, teacher, or counselor. It may seem really hard to reach out, but it can help. You can start by saying:

- "I've been feeling like this for..."
- "Lately, school, work or life has been..."
- "I've been thinking about..."

To talk to a counselor, call:

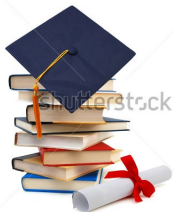
1. 866-246-8259 to talk to a CHN social worker or therapist.
2. 800-543-3638 to talk to LifeNet. All calls are private.



Avoid alcohol and drugs. Alcohol and drugs can make you feel worse after. Try to do things that will distract you like watching a movie, walking in the park, listening to music, or calling a friend.



Eat healthy and stay active. The way you feel also affects your body. Eat healthy and work out for 30 minutes at least 4 times a week. This can help you feel better.



Think about your future goals. Focus on achieving your short term and long term goals. A short term goal could be watching one of your favorite shows later on. A long term goal could be finishing school or getting your own place in a few years.

Talk to a CHN social worker. You are not alone.