

Prevent Suicide - What YOU Should Know

People who are suicidal usually suffer from some sort of depression or other psychological problem. The symptoms that a person typically has when they are suicidal include feelings of depression, intense sadness, hopelessness, lethargy, loss of appetite, poor sleep, decreased ability to perform ones usual tasks and a loss of interest in once-pleasurable activities. People who are suicidal also may inflict pain upon themselves, or engage in self destructive behavior. If you are having suicidal thoughts, the most important thing you have to remember is that these are symptoms of a very treatable problem associated with chemical reactions in the brain, and that there is help out there for you. Feeling suicidal is not a sign of a weak character, so there is no reason to feel ashamed to get help. Suicidal feelings are not something to be ignored and will not go away by themselves. If you are feeling suicidal, talk to someone you trust right away. You should not let these feelings fester inside of you, because they will only become worse and worse.

There are many different types of treatments for individuals suffering with suicidal depression. After talking to your doctor, he or she can help you chose a drug that is right for you're personal needs and body chemistry. Other treatments include several types of therapy and help groups. It is ultimately up to you how you would like to handle you're depression and find a solution that pleases you. The sooner you start looking for help, the sooner you can begin to feel happy again and start living your life to the fullest.

Many people who commit suicide do so after suffering from less than three bouts of severe depression, because they have not yet learned that this feeling is only temporary. As soon as you realize that your feelings of depression are going to pass, the likely hood of committing suicide drops greatly. Many people who suffer from depression have a plan that they rely on when they are feeling extremely low. A plan that you might make could include a list of emergency numbers that you carry with you wherever you go, such as your doctor's cell phone or friends and family members contact information. You may also want to have the number to your local suicide hotline number ready. You should educate your friends and family before hand what they should do in case of a crisis. This will ensure that when you call them in you're time of depression they will know exactly what steps to take. By carrying this paper around with you, others can contact these people, if you are not in a state to do so.

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About the Author

Author Barney Garcia is a proud contributing author and enjoys writing about many different topics. Please visit my web sites @ <http://www.prevent-suicide.info> and <http://www.troubled-teenagers.info>