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Suicide is not the answer to your problems

After experiencing suicidal thoughts, Lara found a way to manage them. It's not the answer to any problem, because the class talk made her realize that once suicide happens, it's something she can't change her mind. This helps if you are experiencing the thought of suicide: you feel completely overwhelmed experiencing the thought of suicide and feeling lonely. It was an English lesson that any of the 27 students in the room will never forget. A warning that we all need attention. She told us that running was a better way - like suicide, it wasn't an eternal solution. We all looked up to this teacher. She was different. She treated us like the adults we believed in. We were discussing social issues that came up again and again in the English syllabus. We were all working on the challenge of exploring social issues that we knew personally through the poetry genre. Suicide became a hot topic. Actually, it was the topic I chose. I was familiar with suicidal feelings and depression. I explored my thoughts and feelings through lyrics and poems, including my own writings. In the classroom, we started discussing how suicide happens and why, and one student asked, How can we choose to end our lives? This led to a debate about how to deal with suicidal feelings. And that's when our teacher advised us to get away. Give her another chance She said running or running away gave her time to clear her head so she could make decisions based on clear thoughts rather than impulses. She told us not to impulsively decide that life was too difficult, but to take a bus or train and go to a different place for a few hours. When I can, I'm likely to run away. I never run far. I just get on the train and go somewhere for the day. As our teacher said: Running is not forever, but suicide is with impulse. There is no back and no second chance. But if you run, you get exactly that - a second chance and time to think about things. And often they're not as bad as you first thought. During this pandemic, people from all countries, natives and non-natives, are dealing with escalating rates of suicidal thought and completion. Suicidal thoughts come from several sources. Depression is an important cause, but substance abuse, physical abuse, divorce, and a lot of stress can contribute to the idea of self-harm. When a person is suffering, sticking to suicide feels like the best solution, but that's not true. Suicide is not the answer. National Suicide Prevention Month in September will focus on providing information and resources to those suffering in the shadow of this growing health crisis. People working on Native American suicide prevention Pine Ridge SueSouth Dakota's Oglala Sioux declared a state of emergency due to an increase in suicides at the time of booking. Between August, the tribe lost four members to kill itself. To date, nine lives have been lost this year, from the age of 14 to 32. The pandemic presented tribes with an increase in the sense of isolation that could contribute to the spike. Since March, Pine Ridge Conservation has been locked down as a protective measure. Round-trip travel with reservations is almost non-existent. The goal is to protect this small population of 19,000 people from a devastating community spread. Lockdown has been largely successful in controlling the amount of positive cases of COVID-19. But it has increased loneliness and a sense of despair. The president of the Oglala Sioux Julian Bearrunner knows first-for-all about these sentiments as he self-quarantined for two weeks this summer and endured a month-long suspension. During that time, I experienced something that was mentally rewarding and had not been experienced in a long time, said BearRunner. It was very hard work, it was mentally hard to separate myself from society and my family and isolate myself, said Bear Runner, along with Tiny DeCorry, a Native Hope Fellow, and Irene Janis of the SUICIDE PREVENTION PROGRAM BEAR program, who drafted a declaration calling for a state of emergency. In this declaration, BearRunners call on the federal government to provide 'sustainable, consistent, and lasting funding' to support suicide prevention efforts. He also requires that the previously established Tribal Suicide Task Force be immediately re-ened to develop and implement strategies to combat high suicide rates, and will provide a report within 30 days to present to the U.S. Congress for action(NewsCenter1). This action is invaluable to Oglala's fight against suicide and its impact on the tribe. In addition to tribes working to support suicide prevention efforts, the new bipartisan legislation is aimed at providing mental health services Native American veterans receive. This was prompted by high suicide rates among Native American and Alaska Native veterans. Throughout our history, we are proud that Native Americans have consistently enlisted in the American military at a higher rate than any other race or ethnicity. Like all veterans, Native Americans who have served in uniform deserve the best care and service the VA can provide. It is therefore very important that VA healthcare professionals are equipped to recognize, understand and address their unique needs, Cole said in a statement. U.S. Rep. Tom Cole (R-OK) is a member of the Chickasaw State in Oklahoma. In addition, Native American veterans often do not have access to culturally respected mental health careWe must do more to help our most vulnerable populations by providing them with the support they need before their mental health reaches crisis, said Xochitl Torres Small, D-N. M.) said. Native American suicide rate Save.org lists some facts about suicide that show it's a real problem. This is the 10th leading cause of death, with roughly one person killed by suicide every 13 minutes. Every year, about 38,000 people take their own lives. If you have suicidal thoughts, it's not just for stages or going by. It's a serious problem and that's why you need someone to help you. Even if you don't have these thoughts, you may be suffering from chronic depression. It may not come as a surprise, but such depression can lead to thoughts of suicide. According to psychiatric advisors, the onset of depression is the leading cause of morbidity in adolescents. Looking at long-term suicide prevention, unfortunately, depression and suicide are not uncommon in the United States. If you or a person you know has suicidal thoughts, the Centers for Disease Control [CDC] has a lot of good information about suicide, but offers the following suggestions to avoid suicidal thoughts: Make sure you have a strong relationship with family and friends. Talk to the people in your life and make sure they understand what you're doing. Then spend time with them to strengthen the relationship. • Know where to get help. Bookmark this page and, if necessary, add a National Suicide Prevention Lifeline to your phone. You can also get your local emergency room address. • Get professional help. Talking to people you trust is important, but doctors and therapists are trained to help you handle suicidal thoughts. What to do now If you or someone you love suffers from suicidal thoughts, the key now is to talk to someone. Call the National Suicide Prevention Lifeline at 1-800-273-8255. You will connect with a trained person who can help you understand what is going on in your head. Calls are free and confidential, and you can call them at any time of the day or night. If you need immediate help, always call the hotline above - someone is there for you. Maybe it's too embarrassing or hard to make a phone call and talk to someone. That's why the American Suicide Prevention Foundation has other options available to you. If you would like a text message, you can send TALK to 741741. You will connect with crisis counselors, and like the lifeblood, it is free and available at all times of the day and night. You can also chat online with counselors from crisis chat services. If you are a veteran, please text 838255 or contact Vets4Warriors at 855-838-8255. You can also call or visit an emergency room in your area. While the ER is set to handleEmergencies such as broken arms, heart attacks and breathing difficulties are believed to be serious conditions of suicidal thoughts. ER staff can help you talk you through your suicidal thoughts with the help of on-call social workers and then help you get longer-term help. Storytelling Heels Sometimes you feel suicide is the only answer, but that's not true. You can be a very bad place, but in the end, you deserve to see how good you can live and get a good life. If you have suicidal thoughts, it is essential to call or text one of the above resources. After that, you can focus on nursing care to make sure you can enjoy life and find a way to live it to the fullest. Life can be difficult, but it can also get better. You are not alone. Share your stories, tell someone and remember the healing of storytelling. If you or an person you know suffers from suicidal thoughts, call suicide prevention lifeline: 1-800-273-TALK. Join the Circle of Hope, a community of people passionate about bringing hope to Native American youth. I have suffered from depression for many years. For a long time I was scared to admit it, but in fact I still find it difficult to speak directly. Chris Cornell Image cc by Gordon Correll One of the most difficult aspects of depression is the feeling of isolation and the mistaken belief that you are the only one suffering from this suffering. This is because of (at least in part) the ongoing social stigma around depression and mental health issues. Things are improving, but there is still a long way to go. The stigma combined with distorted (negative) thinking that occurs during depression results in many people suffering in silence until they can't take it any further. Chris Cornell's (from Soundgarden) 's recent suicide allegations show how depression and the most serious consequences (suicide) can strike even the rich and famous. Success does not protect people from these problems. He seems to be taking a take-the-cut action the only way to escape when you reach the breaking point of despair. Suicide is not the solution. In many cases, suicide seems like the easiest option. Your mind is clouded to the point where you can't see any other way. Often, people who have reached this point maintain their appearance to hide the real situation from anyone around them. They cannot understand other resolutions. It seems to be the only fix. The thing is that while it may seem to fix things for you, it will leave a complete devastation in your wake. Your family and your friends will never be the same again. They are plagued by guilt and regret. Some people will go to early graves as a result of tensions. If you blame yourself for the death of a loved one, you can destroy a person's life. You're suffering.Even if you are suicidal, do not suffer in silence. Do not suffer in silence. The first step is to talk to someone. Unfortunately, this seems like the hardest thing because of the way depression distorts your thoughts. There's a lot of shame and guilt, and it's hard to broach the subject with the person you're closest to you with. One way around this is to talk to a neutral person. There are many services that provide this support. For example, there are Samaritans in the UK (and us). They can also help clarify your situation and get you even more help/deeper support. During the depths of depression, it can be very hard to think clearly and another person who can see your situation objectively can be invaluable in clearing this fog. I know because I was there. If you are in that dark situation, use Google to check the services available in your area (just try Google Depression Support). Another option is to call your local GP (general practitioner) surgery/health centre as you can sign you to the service you need. Often there are services that are tailored specifically to different situations. If you are a spiritual person, your church or religious center may have some support services that may be suitable for you. It may seem like a really hard thing to do, but taking one small action that can set you on the path to making better.ne things of impaired thinking that occurs during depression is a specific brand of nihilism and fatality that says things never get better. It may look really bad now, but things will get better although this is an illusion. It is not rational, it is not logical, it is not based on evidence. Almost all cases of depression are improved given plenty of time. It's just a case of getting through dark times. Some of these periods get very dark. For example, there were times when I would spend waking hours and come up with ways to end my life in a way that didn't harm others. - It completely occupied my thoughts. But there is no way to do it. Suicide always harms others. The path that harms everyone the least is to seek help. When you do and you start to feel better, you will wonder why you didn't do it sooner. It's not easy and you don't suddenly feel back to normal - not immediately. It gradually takes time, but the feeling of knowing that there is a positive way makes a world of difference. I'm not guessing here. I have been there many times with my depression (and with patients). Things get better. I know this is a difficult subject to talk about and I don't want to make this too long. There is always hope. In summary,The basic point is: suicide doesn't just solve the problem of creating bad problems for the person you care about. No matter how bad your depression looks, it will be better. It's easy (non-judgmental) help to access there. Just ask for it. Do you want it to look like this?— Follow me on Twitter or connect on LinkedIn to keep up with my latest posts. The original version of this article was made here on my Steamit blog (Stepit is a new way to monetize your content more here). Unless otherwise stated, all images will be taken from my personal Thinkstock photo account. Details can be provided on request. Request.