

What follows is an excerpt from the Suicide, Depression, and Self-Harm seminar created by Rock Solid Refuge. For more information, visit [www.RockSolidRefuge.com/seminars](http://www.RockSolidRefuge.com/seminars)

# Suicide Depression Cutting

# Suicide Epidemic Among Teens

For a teenager to be so unbearably unhappy that he would choose to kill himself is something that is almost too painful for a parent to think about. But with the increasing prevalence of teen suicide, no parent can afford to ignore the possibility. Suicide is now the third leading cause of death for high school students.

While suicide rates for all other ages have dropped, suicides among teens have nearly tripled.

# Intervention

Talk about it - Don't wait till its too late

Depression can lead to suicide

Create a safety plan

Get professional help

Counselling

RCMP

Mental health

- Don't ignore the rest of your family!

Helping a depressed teen can sap your energy and wear on you emotionally.

Make a conscious effort to spend time relaxing with other members of your family and do not spend this time discussing the treatment of your struggling child.

# Cutting - Self Harm

## What is Cutting?

Simply put, it's a cut or many cuts that are self-inflicted. The actual behaviour is just the symptom of something else going on in your child's life. The fact that they "chose" cutting as the behaviour to get somewhere else is because it is "available," "acceptable" (in their world), and it is "achievable."

All behaviour is goal orientated.

# Intervention

**9. Don't minimize the problem or think that this really isn't as big as everyone thinks it is.**

**10. Do whatever you have to do to insure your child's safety.** This may mean that they are supervised 24-7. It may mean that they need to be hospitalized.

# The Value of Relationships

Meaningful Conversation:

By: Mark Gregston

However...

1. *Don't* turn your conversation into a lecture.
2. *Don't* give your opinion, unless they ask for it.
3. And *don't* shut down their response with critical words or body language.

Starting a conversation with your teen won't always be easy. But with smart techniques and a humble heart ... *you can* make a meaningful connection.

# What Does God have to do with any of this?

- Value of Christ:
  - Phil 3:7-11
  - Psalm 73