

Suicide



It's a sad statistic that more and more of today's adolescents are choosing suicide as an alternative. There are a lot of adults out there who can attest that even though there were times when they thought that their only hope for happiness was to never wake up, they're glad now that they didn't go through with it.

Somehow, there was always a solution. Again remember: all things pass in time, and so it will be with the problems that right now seem insurmountable.

When our thoughts turn to suicide, most of us don't really want to actually die, we just want our problems to disappear. In interviews with people who have attempted suicide, most say that they felt so very tired, like they just didn't have the strength to fight any more. They felt helpless and hopeless. They wanted things to change, but they couldn't see a way to change them.

Dying seemed easy.