## The Power to Prevent Suicide: A Guide for Teens Helping Teens by Richard E. Nelson, Ph.D., and Judith C. Galas

## **INDEX**

A	C
Abuse, as risk factor, 40, 48-49	Carlson, Richard, 96
Acceptance, as stage of grief, 88–89	Changes in behavior, sudden, 33-34
Accidental deaths, 22	Checklist for stress, 95
Active listening do's and don'ts, 67–68	Checkup questions, 96
Active listening skills, 63–71, 80	Chronically suicidal persons, 83
Activities, sudden changes in, 34	Community groups, and suicide prevention, 99-
Adults, going to, for help, 3–4, 53–54, 76–77,	106
82	Completed suicide, defined, 5
African-American teens, suicide rate of, 40	Constricted thinking, 59–60
After a Suicide (Kuklin), 109	Copans, Stuart, 97
Age range for suicide, 22	Copeland, Mary Ellen, 97
Aggression, 36	Coping with Teen Suicide (Murphy), 109
Aimee (Miller), 109	Covenant House Nineline, 108
Alcohol abuse, 37, 39, 42-43	Crisis assistance, 107–110
Alcoholism in family, 42	Crisis checklist, 95
American Association of Suicidology, 107–108	Crisis Checklist (handout), 95
Anger, 36, 87	Crisis hotlines, 103, 107–108
Anorexia, 36	Cuts, as sign of abuse, 48
Appearance, 34	
Arena, Jillayne, 110	D
At-risk teens, 13–14, 49–50	Danger of suicide
Attempted suicide, defined, 5	assessment of, 56-59
see also suicide, attempted	periods of, 27–28, 45, 56
Attention-getting behavior, 25	physical cues, 67
Author contact information, 6	Death
	ambivalence about, among suicidal teens, 58-
В	59
Balance of balloons and weights, 16–17, 89–90,	of family member, 27, 34
92	guns, and suicide, 57-58
Bargaining, as stage of grief, 88	leading causes of, among young people, 22,
Basic needs of people, 13–14	43
Behavior	suicide of family member, 23, 39, 45
basic principles of, 13	Definition of terms, 4–5
feelings and, 17-18	Denial, as stage of grief, 85–86
to get attention, 25	Depression
purpose of, 18–19	alcohol or drug abuse and, 42
self-destructive, 36–37	learning disabilities and, 46
sudden changes in, 33–34	as risk factor, 39, 41
Belonging, the need for, 14	as stage of grief, 86–87
Belongings, giving away, 35	stress and, 93
Blackmailers, 83–84	Disobedience, 36
Books that can help, 96–97, 109–110	Don't Sweat the Small Stuff for Teens (Carlson),
Bruises, as sign of abuse, 48	96
Bulimia, 37	

Index by S. Jane Henderson, Indexplorations

Do's and don'ts	G
in active listening, 67–68, 71	Gay teens, 39, 40, 43-44
to help a friend get help, 79	Giftedness, 40, 45–46
to help a friend through a suicidal crisis, 80	Gift-giving, as warning sign, 35
questions to ask someone who is troubled,	Girls and Boys Town National Hotline, 108
54–56	Gootman, Marilyn E., 97, 110
to reach out to a troubled friend, 61	Grief, stages of, 85–89
simple things you can say, 70	Guns, 57–58
Drug abuse, 39, 42–43	
Drug Abuse Resistance Education (DARE), 100	Н
	Help
E	books, 96–97, 109–110
Eating behavior, 33	emergency telephone hotlines, 107–108
Educating others, step-by-step action plan, 101–	for helpers, 82–85, 93–94
106	High-risk teens, 13–14, 39–40, 49–50
Emergency telephone hotlines, 107–108	Home life. see family
Emotional abuse, 40, 48–49	Homosexuality, 39, 40, 43-44
Empathy, in active listening, 64–65	Hotline help, 107–108
Environment, 14–17, 69	How Could You Do It, Diana? (Pevsner), 109
Espejo, Roman, 110	How to Help a Friend Through a Suicidal Crisis
Espeland, Pamela, 97	(handout), 80
	"H"s, three, 17
F	Human behavior, principles of, 13–14
Facts about suicide, 22–30	
Failure, 45–46	
Family	Important Information (form), 7
addiction in, 42	Incest survivors, 37
death in, 27, 34	"I"s, three, 16–17
suicide in, 23, 39, 45	
Feelings	J
about life's problems, 16–17	Jamison, Kay Redfield, 109
behavior and, 17–18	V
of grief, 85–89	K
positive words and, 68–70	Kid's Guide to Social Action (Lewis), 105
self-checks, 90, 96	Kübler-Ross, Elisabeth, 85
translation of words into, 66–67	Kuklin, Susan, 109
Food, 33	ı
Friendship	Learning differences 40, 44
being a good listener, 63–64	Learning differences, 40, 46
do's and don'ts, 61, 79, 80	Learning disabilities (LD). see learning
going with a friend for help, 77	differences
loss of a friend to suicide, 85–89	Lesbian teens, 39, 40, 43–44
messages to a friend who is troubled, 55 as need of suicidal teen, 49–50, 52	Lewis, Barbara A., 105 Life Strategies for Teens (McGraw), 96
	Listening skills, 63–71, 80
questions you can ask, 54-56 simple things you can say, 70	Loose ends, tying up, 35–36
suicide attempts and, 84–85	Loss, as risk factor
suicide prevention and, 28–29	of family member, 23, 27, 34, 39, 45
talking about suicide, 53–54	of girlfriend or boyfriend, 18, 26, 34
things to think about and do, 71	of pet, 26–27
Funeral planning, as warning sign, 35–36	of physical ability, 34–35
Tanoral planning, as warriing sign, 55–50	of self-esteem, 37–38

Index by S. Jane Henderson, Indexplorations

Loss, of friend to suicide, 85–89 Love, the need for, 13–14	Recovering From Depression (Copeland and Copans), 97
	Research on suicide, 1-3, 22, 40
M	Resources, 96–97, 107–110
Making the Most of Today (Espeland and Wallner), 97	Revenge seekers, and threats of suicide, 84 Risk factors for suicide
Manic depression, 24	abuse, 40, 48-49
Marcus, Éric, 110	alcohol abuse, 37, 39, 42-43
McGraw, Jay, 96	anorexia, 36
Media contact, and suicide prevention, 103	bulimia, 37
Mental illness, 24–25	depression, 39, 41
Miller, Mary Beth, 109	drug abuse, 39, 42-43
Mood swings, 41	failure, 45–46
Motor vehicle crashes, 43	giftedness, 40, 45-46
Murphy, James M., 109	homosexuality, 39, 40, 43-44
	learning differences, 40, 46
N	loss, 18
Natural Helpers, 78	perfectionism, 45-46
Needs of teens at risk, 13–14, 49–50, 52	pregnancy, 40, 46–47
Negativity, 68–70	previous attempts, 39, 45
Night Falls Fast (Jamison), 109	problems at home, 75
	suicide of family member, 23, 39, 45
P	see also loss, as risk factor
Parents	
addiction in, 42	S
going to, for help, 75–76	Schizophrenia, 24
and suicidal teens, 75	School performance, 34
and suicide prevention, 100	Schools, and suicide prevention, 99-106
talking about suicide with, 3-4, 53-54	Secrets, keeping vs. telling, 73–74
Peer helpers, 78	Self-checks, 90, 96
Peer pressure, 91	Self-concept, 14-17, 37-38, 46, 48
Perfectionism, 45–46	Self-destructive behavior, 36–37
Pevsner, Stella, 109	Self-esteem, 14-17, 37-38, 46, 48
Physical abuse, 40, 48–49	Serotonin, 24
Physical cues, as warning signs, 67	Sexual abuse, 40, 48-49
Physical disability, as loss, 35	Sexual orientation, 39, 40, 43-44
Plans for suicide, 35–36, 56–59	Shneidman, Edwin S., 110
Positive words and feelings, 68–70	Shyness, and emotional abuse, 48
Possessions, giving away, 35	Sleep patterns, 33
Pregnancy, 19, 28–29, 40, 46–47	Step Back from the Exit (Arena), 110
Prevent Suicide Now crisis line, 108	Stress
Problems at home, 75	checklist for, 95
Problems linked to suicide, 19–20	effect on high-risk teens, 49–50
Problem-solving, six steps for, 91–92	formula, 14–17, 69
Problem-solving by suicidal teens, 11–12	learning differences and, 46
	sexual orientation and, 39, 40, 43-44
R	strategies for easing, 93–94
Reading between the lines, 66–67	symptoms of, 92–93
Readings and references, 96–97, 109–110	Students Against Destructive Decisions (SADD)
Rebellion, 36	100
Recklessness, 36	Sudden changes in behavior, 33–34
	Suggestibility factor, 23–24

Suicidal behavior, defined, 5	Т
Suicidal crises	Talking about suicide
causes of, 19–20, 26–27	to adults, 82
defined, 5	benefits of, 56
friendship during, 77–78, 80	fear of, 23, 103
length of, 23	to friends vs. adults, 53-54
talking about, 82	as prevention, 1-4
Suicidal Mind, The (Shneidman), 110	threats of suicide, 83-85
Suicidal teens	as warning sign, 25, 32–33
ambivalence about death, 58-59	see also do's and don'ts
constricted thinking of, 59–60	Teenagers, and suicide prevention, 100
high-risk to at-risk, 49–50	Teens at risk of suicide. see suicidal teens
needs of, 13–14, 52	Telephone hotlines, 107–108
parents and, 75	Things to think about and do
problems of, 26	in active listening, 67–68, 71
problem solving by, 11–12	to help a friend get help, 79
suicide plans of, 57-59	to help a friend through a suicidal crisis, 80
Suicidal thoughts, 22, 59–60, 93	questions to ask someone who is troubled,
Suicide	54–56
facts about, 22–30	to reach out to a troubled friend, 61
fear of topic, 9, 23	simple things you can say, 70
learning about, 101–102	Threats of suicide, 25, 32–33, 83–85
plans for, 35–36, 57–59	Timidity, 48
preventability of, 23	Treasures, giving away, 35
protecting yourself against, 89–93	Tying up loose ends, 35–36
questions about, 5-6, 11-13	
research on, 1–3, 22, 40	V
threats of, 25, 32–33, 83–85	Verbal warnings, 33
Suicide, attempted	
defined, 5	W
help for helpers, 82–83	Wallner, Rosemary, 97
purpose of, 19	Warning signs of suicide, 106
rates of, 1, 22	facts about, 22
as risk factor for suicide, 27–28, 39, 45	giving away possessions, 35
situations linked to, 19–20	loss of self-esteem, 37
teens and, 59–60	physical cues, 67
thoughts of survivors, 12	self-destructive behavior, 36–37
Suicide, completed	sudden changes in behavior, 33–34
causes of, 26–27	summary of, 38
effects on others, 81–82	talking about suicide, 25, 32–33
rates of, 2–3, 22, 40	tying up loose ends, 35–36
situations linked to, 19–20	withdrawal, 34
as solution to problems, 11–12	see also loss, as risk factor
Suicide: Opposing Viewpoints (Espejo), 110	Web sites for crisis assistance, 107–108
Suicide prevention action plan, 99–106	Weights and balloons, balance in, 16–17, 89–90,
Suicide Warning Signs (card), 106	92
Survivors of suicide, 85–89	When a Friend Dies (Gootman), 97, 110
Symptoms of stress, 92–93	Why Suicide (Marcus), 110
	Withdrawal, 34
	Word detecting, 65–67