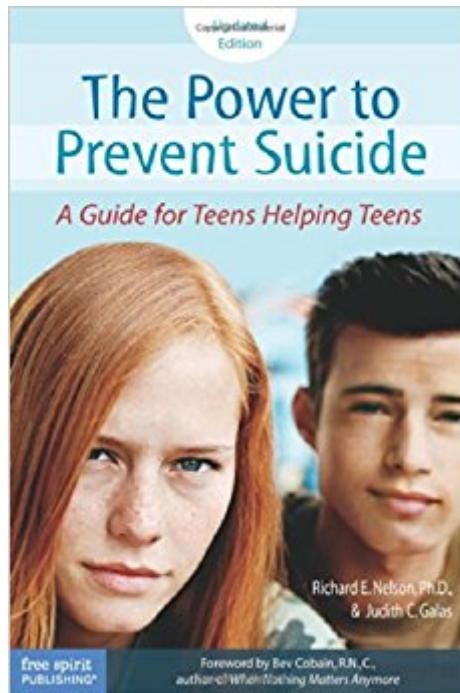




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# The Power To Prevent Suicide: A Guide For Teens Helping Teens



## Synopsis

When teens consider suicide, they often tell other teens "if not always directly, then in other ways. Updated with new facts, statistics, and resources, this book gives teens the information and insight they need to recognize the risk and respond appropriately. It spells out the warning signs, guides teens through the steps of reaching out to a friend, and explains when and how to seek help. It also suggests ways for teens to help themselves when they're feeling stressed or depressed."

## Book Information

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## Customer Reviews

Grade 6 Up-An excellent, practical manual that is easy to read and understand. The authors' premise is that, as trusted and caring friends, YAs have a special role in the prevention of suicide among their peers, and discuss what to do if they observe the danger signals. Suggestions for assessing the degrees of concern and tips on "active listening" merit the attention of everyone working with teens. Basic information about suicide is presented: the magnitude and urgency of the crisis, contributing factors, categories of teens who are especially at-risk, the mind-set of would-be victims, and warning signs. They cite interviews with YAs who survived suicide attempts to indicate that many, apparently, change their minds after initiating the act. It follows that alertness and intervention can save lives. There is also a discussion of techniques for problem solving and stress reduction. For more in-depth treatments of the broader social issues that have produced the teen suicide crisis, see Michael Biskup and Carol Wekesser's *Suicide* (Greenhaven, 1992) and Cynthia Lewis's *Teen Suicide* (Enslow, 1994). Libby K. White, Schenectady County Public Library, NY  
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edition of this title.

• "An excellent, practical manual that is easy to read and understand." • "School Library Journal Recommended Books for the Reluctant YA Reader--American Library Association Books for the Teen Age--New York Public Library ALA/YALSA • Recommended Book •

I bought this for a church library, haven't read it as it has been constantly checked out. Hopefully our teens are finding it helpful and thought provoking.

Fast and new!

Nelson & Galas have put together an excellent book packed full of information such as the myths, facts, risk factors and warning signs as well as how to prevent suicide from happening. This powerful book is geared towards teenagers to help each other but it is also an excellent resource as well for parents, teachers and para-professionals. As a graduate student in elementary education, I found this book easy to digest and relative to the issues facing today's teens. As a parent of four girls, my concern in the prevention of the skyrocketing suicide rate is of utmost importance. As I read, I was able to recall what life was like as a teenager and the high importance of some issues to teens of things that I now would think of as minor or temporary. I recommend this book highly for parents, teachers, school nurses as well as any teen (contemplating suicide or not). It is a MUST resource, and should be easily available for all who would benefit. Maybe if more people can understand why teenage suicide happens, we can recognize the distinguishable warning signs and be more successful in preventing it.

I often talk to teens who carry the burden of their friends' depression. They perceive parents and teachers as out of touch, so they try to handle each other's depression themselves. This can be stressful and even dangerous. If a friend confides suicidal thoughts and then actually commits suicide, the adolescent may have to deal with severe guilt and remorse. When I first saw the title of this book, I was afraid that the author was just going to try to train teens to be the primary therapists for their depressed peers. Actually this book is realistic but also quite responsible. It repeatedly warns teens not to keep silent when a friend is suicidal. This book helps teens recognize the signs of depression and suicidal thoughts in their peers, and suggests ways to help. It also talks about taking care of oneself after a friend has actually committed suicide. It does discuss the importance of going

to a responsible adult if a friend is really in trouble. I often recommend this book.

Being a teen who has been close to suicide many a time, I know from experience that reasons for suicide are plentiful, but finance is a main problem. Why sell a book on how to prevent suicide? To me that's a little bit of a tease. Also... I don't think parents would buy this book, as the symptoms of a suicidal teen are not in great supply. We hide our feelings. Well, that's just my opinion.... An online 'How to prevent suicide' would be much more effective

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