

## Dealing with Depression / Suicide Using Steps to LAST

### The Surviving the Teens Program Helped a Teenager Do the Right Thing When Her Friend Talked About Suicide

As we grow up our parents are always telling us to do the right thing. Whether we go out to hang with our friends or we are going to school, they always remind us what is right and wrong. Though a lot of times we tend to not do these things because we are scared or we are worried about an upsetting outcome. Sometimes we are afraid our friends will make fun of us. Last year I felt these feelings. I was afraid. I was worried about what might happen if I did do the right thing.

Last year I was in this health class. The teacher had a speaker come in and talk to us about suicide. The speaker gave us tips on how to talk to ourselves if we were thinking about these things, and she told us how to speak to others that were feeling this way. I remember sitting in class that day thinking that the lesson was interesting, but why is this lady wasting her time in a place like our school? I have never heard such things happening here. I didn't realize how serious it actually was.

Ironically after thinking that, the next day I got a text from a friend of mine. We were talking about a fight I had had with his girlfriend and he told me that he was upset. I, naturally wondering why my friend was upset, asked why. He told me flat out that he wanted to kill himself. He was failing in school and he didn't like it, so he wanted to kill himself. At that moment I was scared. I didn't know what to do or how to approach this, but then I remembered the day before. I remembered specifically that the woman said the first question to ask in a situation like this was do you have a plan. When I asked this he told me he had done it before, and this time he knew what would take it over the top. He also said that he would make it funny because he wanted to go out with a bang. This scared me more than I have ever been afraid in my life. Then as we kept talking he told me my best friend (his girlfriend) knew and she didn't say anything. He said that she wouldn't care so he might as well just leave anyway. I knew telling someone would be the right thing, but he told me not to tell anyone. I kept texting him almost the whole night saying things to make him feel important to me, not comparing him to me or anyone else. Just to let him know he meant something to one person, to make his decision twice as hard as it was for him.

The next day I walked in to my teacher before class and told her. I told her everything he had told me. I told her that I was scared to come in because I was scared that he would be mad at me for telling him. I also was worried about my best friend. Would she be mad that I told too? When my teacher heard this she looked me in the eye and told me, "Would you rather your friend take his life, and you did nothing about it, or know that your friend is alive and getting the help he needs because you did the right thing?" Right then I knew my choice I made was serious. Even though my best friend did get mad, and my friend was a little upset I told, I realize now that I did the right thing. I know now that when I make choices I should do the right thing no matter what the outcome might be, no matter how afraid I am, and no matter how hard it might be.

After writing this speech I realized I wanted to tell more than just my English class. I wanted the people that were in my position to realize, yes we live in in a nice place and yes it seems like nothing happens here, but when we learn things like this take them seriously. When you come to decisions like this, big or small, choose them wisely. A person's life could be in your hands, and it is in your hands to do the right thing. Be smart!