



I'm Suicidal. Now What? (Teen Life 411)

Judy Monroe Peterson

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According to the Centers for Disease Control, suicide is the third leading cause of death for young people between the ages of ten and twenty-four. People who try to take their lives usually do not want to die, but they see no alternatives to stop their endless mental and emotional suffering. This resource educates teens about risk factors, suicidal thoughts, and how to cope with them. Through medication, counseling, and other tools, most people who seriously consider suicide are able to recover and go on to lead healthy, adaptive lives.

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