Suicide

Health & Family Life

Name: _____ Grade: 7

Suicide: When someone intentionally takes their own life.

Depression: A deepen state of sadness.

When people commit suicide, they do so to escape pain or suffering. When someone ends their own life, we say that they "died by suicide." A "suicide attempt" means that someone tried to end their life but did not die.

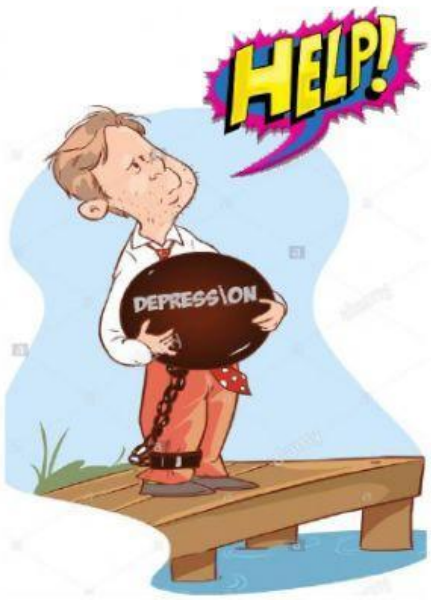
Some signs of suicide include change in behavior, cutting yourself, and talk of dying. When people commit suicide, they don't really want to die they simply believe that there is no other way.

To help suicidal people it is important to get help: talk to a trusted adult, a psychiatrist, and a teacher or counsellor.

Instructions: Write the **WORD** from the **bracket**() in the word box. For the **multiple choice** write the correct **LETTER** in the **box**.

1. Most teens who attempt suicides do not really want to _____. (**Live, Die**)
2. If a friend tells you he/she is considering suicide and swears you to secrecy, you should_____ (**Be quiet, Tell someone**)
3. The risk of suicide_____ dramatically when teens have access to guns at home. (**increases, decrease**)
4. If you or a friend is feeling suicidal, as soon as possible, it is **BEST** to: _____
   a. call a suicide crisis helpline
   b. a parent or relative
   c. a school counsellor
   d. anyone above
   e. no one at all
5. If your friend is suicidal it is **LEAST** helpful to say:_____

a) Don't worry this will blow over by tomorrow.
b) I'm concerned about you.
c) I know where we can get help.
d) I'm going to stay with you.



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