

Suicide Prevention Resources

If an immediate crisis occurs please dial 911

National Suicide Prevention Lifeline
800-273-TALK(8255)

Ocean County
Paul Kimball Hospital
732-886-4474

Monmouth County
Jersey Shore Medical Center
732-776-2325

Monmouth Medical Center
732-923-6999

Middlesex County
University Behavioral Health Care Crisis Line
1-800-969-5300

National Mental Health Assoc.
703-684-7722

Anxiety Disorders Assoc. of America
301-231-9350

American Psychological Assoc.
202-336-5500

American Psychiatric Assoc.
202-682-6000

Depressive and Manic-Depressive Assoc.
312-642-0049

National Alliance for the Mentally Ill
703-524-7600

*Suicide, suicide
Why did you do this?
We wanted to be grandparents,
Why did you take your life?
Suicide, suicide
Where is the hope we had for you?
Why did you do this to yourself?
God save us from this.
You're gone now...
You're gone now...
You're gone now.*



I'm an educational consultant on addictions and the family. My aim is to make families and communities stronger. This can be done by igniting the energy in our children and empowering them to handle the challenges of their everyday lives at home and in the community. Seek help if you need it.

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The information contained in this brochure is for educational purposes only. Parents are encouraged to seek professional help. No suicide threat can be ignored no matter how veiled. Ask "what part of you is so bad that it must be destroyed" if you get an answer that concerns you, seek professional help immediately.

Preventing Teen Suicide

*A Guide for Parents,
Grandparents,
Educators, Church &
Community Leaders*

John Najjar, M.A.

**Suicide
Depression
Addictions to gaming,
texting & computers
Cyber-bullying
Self-injury**

Teen suicide, how do we stop it?

Based on recent events in our own community and across the nation, this is critical information we need to help our children. Suicide is the third leading cause of death among our teens. Males complete suicide at a rate four times that of females; females attempt suicide three times more than males. What can parents, schools, church and community leaders do to help prevent the downward spiral that may lead to loss of hope, anxiety, depression, and other mood disorders? Warning signs for self injury and suicide prevention: Ideation (thinking about hurting yourself). Males (easy access to firearms) – Females (easy access to poisons and toxins), Substance Abuse, Purposelessness (no purpose in life) Anxiety, Trapped, Hopelessness, Withdrawal, Anger, Recklessness and Dramatic Mood changes. How do we provide the connections teens need to feel supported in their goals to develop their talents and to become successful adults? Those who present hope in their life, with a sense of spirituality and an awareness of God are less likely to injure themselves.



According to Edwin Scheidman, the Father of Suicidology, the sense of hurt experienced by those about to commit self-injury or suicide is “psyche ache”, an intense emotional pain. Scheidman asked the following questions that would help them survive. They were “Where do you hurt?” and “How may I help you?”

Technology is part of our everyday lives. We must teach our children to manage it wisely, to use it to accomplish work and to use it as a social networking tool, yet not become isolated by it or addicted to it. Children often wonder, “to whom do I turn, whom can I trust?” We must establish lines of communication on the children’s level so they can answer these questions. We must enable them to set limits for the use of computers, video games, and cell phones before they become more than mere distractions. In order to accomplish this, information is needed to know how to support the child, how to assess what’s going on with him/her, and what step to take next if intervention is necessary.

Here are some guidelines to help use technology in a positive way:

-Have children use technology in family designated areas, not behind closed doors.

The computer and text messaging are not substitutes for real face-to-face social interaction.

-Set a bedtime of 10 p.m. or earlier and teach children to power down all technology. Research has found that teens whose parents set their bedtimes at midnight or later were 25% more likely to report depressive symptoms and 20% more likely to report suicidal thoughts than those who went to bed at 10:00 or earlier.

-Create a strong support network of friends, family, schools, community groups, and religious affiliations. Teens who feel connected will have better coping skills to deal with the challenges they face every day.

-Keep lines of communication open especially during stressful times such as the break up of a relationship or during exams.

-Help children to develop interests that don’t involve technology. Encourage them to pursue healthy and holistic behaviors, which promote emotional and social well-being such as daily exercise, to pursuit of hobbies, membership in clubs at school and in the community, and participation in worship services.

-Discuss appropriate behavior on the internet with your children. Warn them about the dangers of meeting people on the internet and set boundaries for their interactions with others, as well as define wise use of social networking sites.

-Model appropriate behaviors for the use of technology for your children. Watch your children for obsessive use of technology and consider using a contract with them to establish boundaries and to make rules clear to everyone in the household.

All Resources provided by The American Association of Suicidology and Youth Suicide by Firearms Task Force.