

S.O.S.

Recently I received an SOS from a parent who believed her daughter was considering suicide. There are things you can do. Begin with a visit to your family doctor, who will help direct you to get help along the lines of seeing a psychologist, psychiatrist, psychoanalyst or even a behaviorist. Unlike the wonderful work of the above mentioned professionals whose job it is to find out what's wrong with an individual, my job, as a self-esteem youth motivator means that my focus is on identifying what's right, so the bottom line is to be pro-active by trying different things. If you believe your child is suicidal, depressed or extremely unhappy, your immediate course of action is to see your family doctor who will direct you further. Here are a few more suggestions:

- If you have to wait a few days to see the Dr. you can be focusing on a positive attribute (i.e.: something wonderful like a virtue or personality characteristic) and build on that by mentioning it frequently and telling her the positive effect it has on other people. It's like planting a positive seed that she can feel proud of and continue to run with. It's just a small thing but it helps.
- Also try to get her involved with helping someone else, even in a small way because kids love to feel needed.
- Tell her with a special card, how much she means to you and have other family members do the same.
- Don't leave them alone for great lengths of time.
- Have a relative(s) call her and tell her how much she means to them.
- Go to the library and get a few books on self-esteem for useful tips and strategies you can use.
- Call a hot-line.
- Try to laugh each day.
- Ask friends what they would do in the same situation but in the end, make your own decision based on your personal circumstances.
- Ask her what she thinks would help her.
- Get on the internet and research what else is available.
- Enlist anyone and everyone that can help.
- Get in touch with her guidance counselor at school.
- Do some digging and find out from her or anyone else if something more is going on that you didn't know about.
- Whenever you talk to someone, don't end the conversation without asking them to direct you to another person to call, recommend a book or provide other suggestions.
- Do something pro-active each day to help her.
- Start and end each day with a positive affirmation.
- Promise yourself that you'll keep working at it.
- Don't give up.
- Consider this the most important fight of your life.