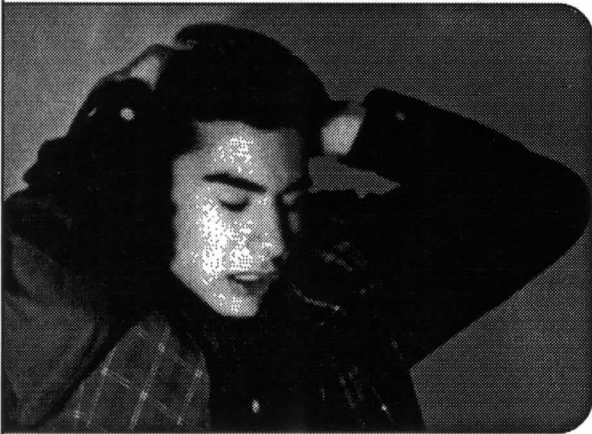


Para su salud/To your health

Una serie de educación sobre la salud presentada por Kaiser Permanente.
A health education series brought to you by Kaiser Permanente.



←
No permitas que la
depresión acabe
con tu futura
.....
Don't let depression
rob you of a future

El suicidio: Una solución permanente para un problema temporal

Muchos adultos no entienden el suicidio entre los adolescentes ya que piensan que los años de la juventud son los mejores en la vida de una persona. No obstante, cada año 5,000 adolescentes se quitan la vida y cerca de 400,000 tratan de hacerlo. Muchas personas que amenazan con suicidarse están tratando de conseguir que alguien note lo infelices que son. No se debe tomar a la ligera a los jóvenes que hablan sobre el suicidio, sino hacerles sentir que otras personas se preocupan por ellos.

Hablar a menudo acerca de la muerte, decir que nadie les extrañará cuando ya se hayan ido o deshacerse de sus efectos personales, todas estas acciones son indicaciones de que una persona es un suicida. Si un adolescente se comporta de una

de estas maneras, consiga ayuda de inmediato. No ignore los síntomas ya que pueden ser indicios de una depresión grave.

Si un adolescente piensa en suicidarse, pídale que hable con un asesor. En la mayoría de las ciudades existen centros de prevención de suicidios y líneas directas para crisis que se pueden localizar en el directorio telefónico. Es importante que el joven que piense en suicidarse encuentre a alguien con quien hablar y se dé cuenta de que las frustraciones son parte normal del proceso de crecimiento y maduración.

Suicide: A permanent solution to a temporary problem

Many adults are puzzled by teen suicide because they think of the teenage years as the best years of a person's life. But each year 5,000 teens take their own lives, and about 400,000 attempt to do so. Many people who threaten to kill themselves are trying to get someone to notice how unhappy they are. Teens who talk about suicide need to be taken seriously, so that they know others care for them.

Talking frequently about death, saying no one would miss them if they were gone, or giving personal belongings away are all forms of suicide

warnings. If a teen exhibits of any of these warnings, get help immediately. Do not ignore the signals, they can be signs of severe depression.

If a teen feels suicidal, have him or her talk to a counselor. Most cities have suicide prevention centers and crisis hotlines that can be found in the phone book. It is important for a suicidal teen to find someone to talk to, and to realize that frustrations are a normal part of growing up.



Aida Martínez, M.D.
Clairemont Mesa Medical Offices

Combating depression

Bad news or disappointment can make you feel sad, perhaps for several days without relief. This is normal and healthy as long as those sad feelings don't continue indefinitely. If they do continue, then you may be suffering from mild depression. With mild depression can come feelings of hopelessness, lack of interest in activities, and an inability to concentrate. Self-care may be enough to pull you out of a mild depression and get you back on track.

Try keeping a journal to examine your feelings. Read poetry or listen to your favorite songs—songs that have a special positive meaning for you. Staying active has been shown to be very effective. Also, volunteering or doing something nice for someone else is a perfect way to make yourself and another person feel better.

Most severe depressions involve an imbalance of neurotransmitters in the brain. This can be triggered by the loss of a loved one or something of value, a stressful event, drug abuse, a major illness, or mental health problems. Those with severe depression should seek the advice of a professional.

Visit our Web site: www.ca.kaiserpermanente.org

E8827G-1

