



Hibiscus Coast Grandparents Parenting Grandchildren Inc.

27 Rushden Terrace, Red Beach 0932

Phone: 09 426 7595

Youth in Transition

Tina Jones

Tina works with young people experiencing anxiety, depression and suicidal thoughts.

Risk Factors:

- History of substance abuse
- Bullying
- Illness
- Losing a friend or family member to suicide
- Mental health issues

Warning Signs:

- Look for change in in personality, routine. Have they become moody, withdrawn?
- Feelings of hopelessness
- Talking & writing about suicide
- Displaying risky behaviour
- Giving away treasured items
- Gaining or losing weight
- Saying good bye to people
- Becoming suddenly very cheerful & happy
- Look for a combination of symptoms

Trust your intuition – nothing speaks louder. If you think something is not right, follow up on it. Don't be afraid to ask them how they are or to dig deeper, ask more questions.

Reach out to the person, let them know that you care. Do not try to talk them out of it. Listen

What Might You Say:

"I've noticed some changes in you and I'm worried (say what your concerns are). To help me sleep at night come with me and see someone"

Disclosure of Suicidal Feelings:

Try not to freak out

Actively listen and validate what they are saying

Affirm their feelings

What You Might Say:

"You are having some really tough times and you don't see any way to deal with it. I love you too much to allow your pain to continue without getting help"

"That must feel terrible I am concerned about you"

Be a safe place for your teenager. Your teenager doesn't want to die they want the pain to go away.

Lavender oil is great for relaxing

Check in with your teen, ask them regularly if they are okay.

Youth in Transition

"A twelve-week programme that teaches valuable life skill to young people aged 10 – 24, helping them to manage anxiety, depression, stress and suicidal thoughts.

info@youthintransition.org.nz

