

PREVENTING
TEENAGE
SUICIDE

THE *LIVING*
ALTERNATIVE
HANDBOOK

POLLY JOAN

PREVENTING TEENAGE SUICIDE

PREVENTING TEENAGE SUICIDE

The Living Alternative Handbook

By

Polly Joan

*Adolescent Outreach Coordinator
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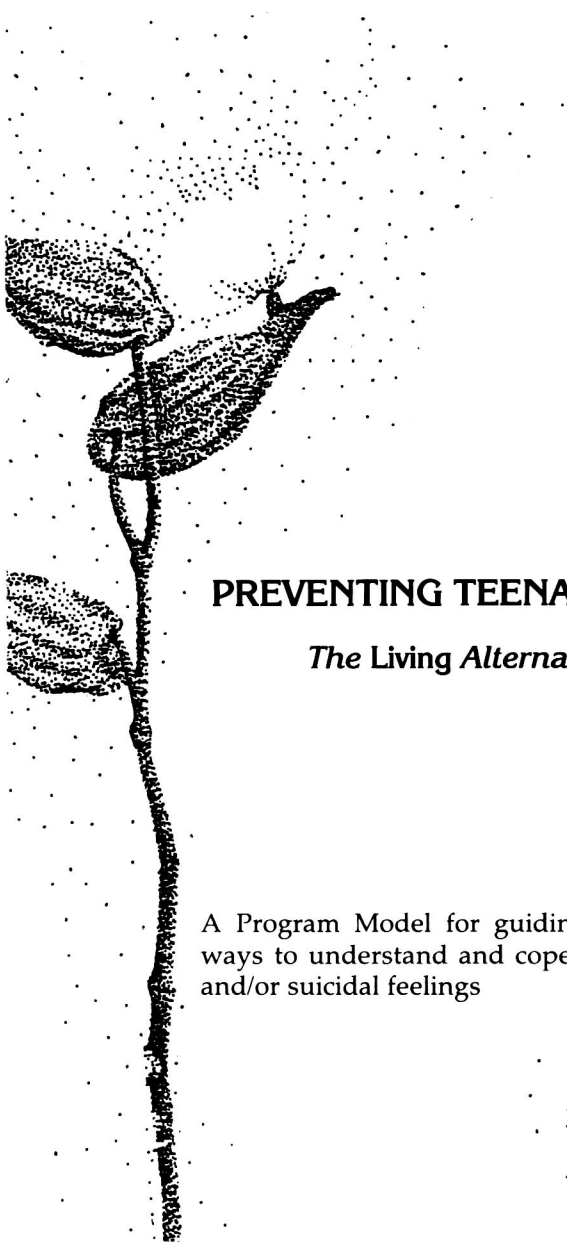
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*By
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A Program Model for guiding adolescents in ways to understand and cope with depression and/or suicidal feelings

MILKWEED AND ME

rolling along
on their little legs

like a parachute
they seem to float D

O

W

N

tumbling on invisible air waves

emerging from their grey papery boats
repeating themselves like an echo
one after another

filmy masses stick to my fingers
white clouds streaked with wispy hairs

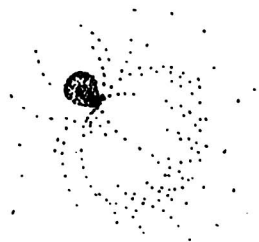
much looser than I am today
I'm webbed to humdrum
not light and spidery
I'm damp and soggy
my brain is stuck together

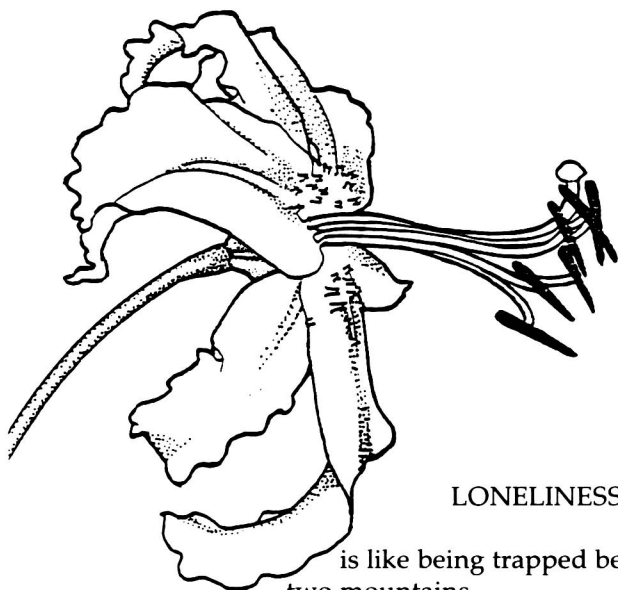
yet like these milkweed fairies
I'm lightly hanging on

anything and anyone
who stops long enough
to touch me

Polly Joan

POETRY BY ADOLESCENTS





LONELINESS

is like being trapped between
two mountains
no one to talk to
no one to share intimate secrets with
everyone seems to be looking
at you
but they really see right through you
you want to be noticed
but you don't know
how to go about it

everyone seems to tell you
that you don't belong here
and to leave them alone

why do I have to be so lonely?

People are everywhere
but they don't seem
like they want to talk to me . . .

10th grader

DEPRESSION

is like a kite
caught
on a power line
trying to get free

but being battered by the wind

There is no escape.

Winds of confusion
and loneliness
never
 let go

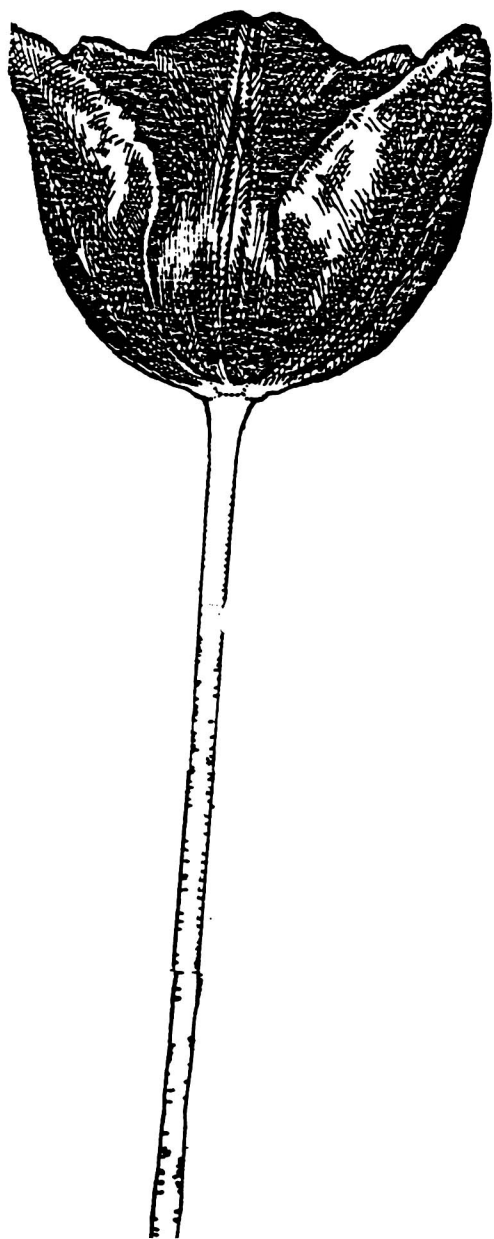
so down

a leaf floating
along the ground

dark, gloomy
dead and ragged
brown
faded

almost
erased

10th grader



ALONE

Being bummed out is like being in a crowd
being pressed together everyone wants to know what's wrong
but no one wants to help

It's like being in a crowd with no one to talk to
all in yourself
can't trust anyone that's what you think

Your friends are no help
and you can't talk to your family
your parents say Tell me what's wrong

But if you do
you know you've had it
your brothers and sisters just laugh
and don't listen

When you're bummed out
it's better to talk to ones
you're not close to
you can't really hurt them
but they can help you

so tell someone
and feel less alone

17 year old

SPECIAL THANKS TO

All the young people who have shared their lives, their feelings, and themselves with me. It is because of them that I wanted to write this book.

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