

Suicide

There are many factors that can contribute to someone experiencing suicidal thoughts. These thoughts can be related to a person's mood, past or current life circumstances, or as a part of a mental health condition.

Many young people have thoughts of suicide when life seems unbearable and they want to end their pain. Most young people who have suicidal thoughts may not actually want to die, they just can't imagine another way out of what they are going through.

Suicidal thoughts can happen as part of a mental health condition, like [depression](#), personality disorder or other mood difficulties. Suicidal thoughts can also occur when life circumstances have been difficult and stressful, such as after a major loss – like a relationship breakup or a death of a loved one – unemployment and financial stress, or when someone is feeling isolated and alone.

People thinking about suicide often feel as if they're a burden to those around them and that things are hopeless. Though it can be challenging to reach out, it is very important that people experiencing suicidal thinking are connected with others and able to share their experiences.

It's important to know that young people can and DO get through these times in their lives. In fact, most young people who've had thoughts of suicide find a way to work through them. With effective treatment, social support and time, many who have tried to end, or considered ending their lives can go on to live full, meaningful and productive lives.

If you are experiencing suicidal thoughts, it's important that you seek support. It takes a lot of courage to reach out, and it can be really hard, but getting help can make a big difference to how quickly you can overcome these thoughts and get back on track with your life.

Support Services are:

