



## Newsletter

November 2021



**Dear friends, families, supporters and teens,**

As we enter the holiday season, we want you to know that you are our heroes. It hasn't been easy staying strong during a Pandemic, but you've gone beyond what's been expected. You've gotten up everyday, put forth your best effort, and taught others through your example that there is hope in every season, even the difficult ones.

We hope you know how valuable you are. We need you, and we need each other. If there's one thing this Pandemic has shown us, it's that connections are key to our emotional health. Thank you for being an important link in our chain of connections.

Blessings over your holiday season, and thank you for what you do and who you are,

Teens Finding Hope





# The Girl on the Bridge

By Sherry Krueger

It was a Friday afternoon in October when she climbed over the guardrail of the tallest bridge in our city. I don’t know her name. Nor do I know what triggered her to make this decision. But I do know this: her face had the look of utter despair as I passed by, and she was young — too young to understand the permanence of such an act. As I passed, she was leaning away from the firefighters and stretching over the rushing river below, sobbing.

Having lived through my daughter’s suicide attempt and knowing the outcome of her story so many years later, I wanted to slam on the brakes and rush to this girl. Everything in me wanted to let her know that my daughter had walked through hell and made it out the other side successfully. “You don’t need to give up. You have success in your future just like my daughter. Hang in for one more day.” That’s how we managed — day by day.

Unfortunately, I was forced to drive past, and all I could do was pray she would listen to the gentlemen who were trying to help her. I later found out that she had. She still has the chance to experience her happy, successful future. “It takes a village” they tell us. I’m thankful for the firefighters, therapists, and friends who helped my daughter hang on, and I’m thankful for the people who are helping this young lady stay the course.

If you or a friend are showing signs of depression, we have a wallet-sized brochure that can help provide some support. It will give you ideas for how to help someone and the numbers you can call for support. Just click on the image below:

**How do I know if my friend needs help?**

**Notice:** Big changes in your friend (eating, mood, hanging out, etc.).

**Ask:** Are you thinking about suicide? Do you want to hurt yourself?



**How do I get help for my friend?**

1. Call 911
2. Go to the Emergency Room
3. Seek help from a teacher, counselor, or trusted adult
4. DO NOT leave your friend alone
5. Call or text one of the suicide hotlines



**There are many safe places to get support.**

**1-800-SUICIDE**  
**1-714-NEWTEEN**  
6-10 pm PST  
**1-800-273-TALK**  
**1-800-448-3000**

**Text:**  
**teen2teen** to **839863**  
4-10 pm PST  
**Crisis Text Line 741741**

You can contact any of these anonymously just to talk or get information.

TEENS FINDING **hope** inc.

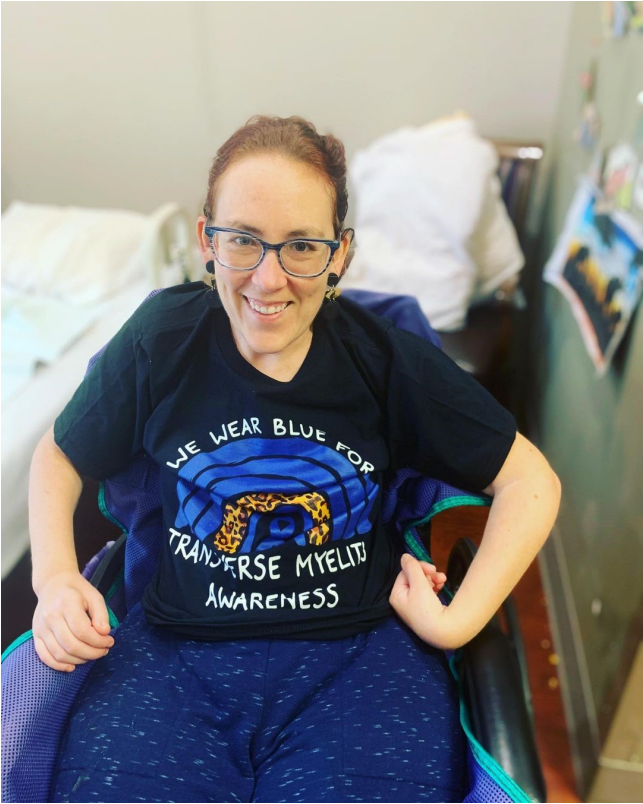
**#YourLifeMatters**



**#IAMVALUABLE**

# Building Better Support Systems For Our Teens

By Sherry Krueger



Meet Kathy. Kathy is a young lady who was working on her teaching

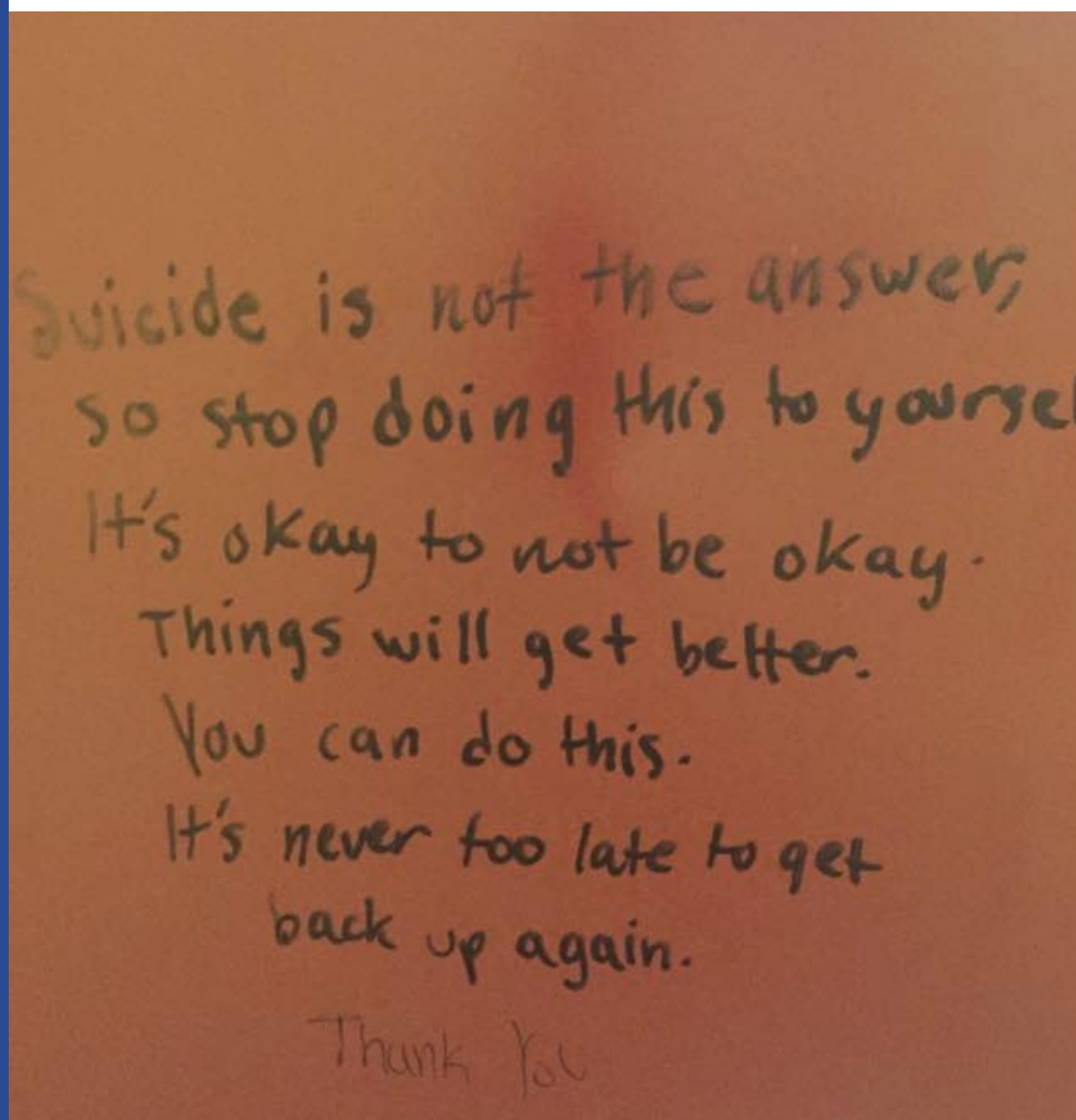
degree when tragedy struck. One fateful morning her feet began to go numb. By the time she arrived at the hospital, her legs, arms and hands were numb. Simply put, she got up one morning and was paralyzed by the end of the day. Doctors would later inform her that she had Transverse Myelitis, a rare disease that can cause paralysis. Kathy spent several months in the hospital and physical therapy before finding herself living in a nursing home.

I don't think any of you would be surprised if I told you that Kathy had sunk into a deep depression, especially since she has struggled with depression in the past. However, I can't tell you that. Kathy hasn't sunk into a deep depression. She is her usual, cheerful self. Yes, she has her moments, but she is not without hope. Her smile and eyes sparkle just as brightly as they did when she was healthy.

How does she do it? How is she able to cope in the middle of all of this trauma? I had to ask her. She let me know that her friends were the key. Kathy is lucky to have friends who are willing to drive two hours to visit and encourage her. She has a strong support system. Kathy's answer got me thinking about the many teens and young adults who do not have strong support systems or whose friends eventually tire from being the "heavy lifters." What can we do to build better support for these teens?

My wheels begun spinning around an idea. Maybe it's already being done, but if not, what do you think of this? What if parents of struggling teens became the "gap fillers" for one another's children? Many parents are already meeting in groups and hearing about each other's children. It could be as simple as sending a note or text of encouragement to the other child monthly. Or maybe during a meeting, parents can help their child's support buddy put together a care packages they can send.

In a world that is becoming more connected technologically, people are feeling more isolated socially. It's time to get creative. Do you have any ideas for building better support systems? We'd love to hear them.





I snapped this picture of a note written on the bathroom stall of a Middle School. It's nice to see our kids encouraging one another.



## Bumper Car--Emotional Roller Coaster

by Kristi Barth

Many of us have 'ridden' on an emotional roller coaster these last 20 months. You may be dealing with some personal life issues, or perhaps mental health or emotional struggles. There are natural disasters, COVID spikes, political debates, isolation and school restarting, OH MY!

Did you know the first bumper cars were not supposed to collide with each other? In the early 1920s the whole point of bumper cars was to avoid collisions (Thus the name, “Dodgem” that was given to the first bumper cars and company that made them). However, the first bumper cars were, in fact, not very drivable at all. While they came with steering wheels, one review of the cars described the steering as “relative,” meaning that the car only went in vaguely the direction it was steered.

Does this sound like what might be happening in your life? My bumper car is going in vaguely the direction I’m directing it and as soon as I get going in a good direction and speed, something bumps into me and derails my direction and it takes me awhile to get started again. All these ups and downs and direct hits can leave us feeling wiped out and drained.

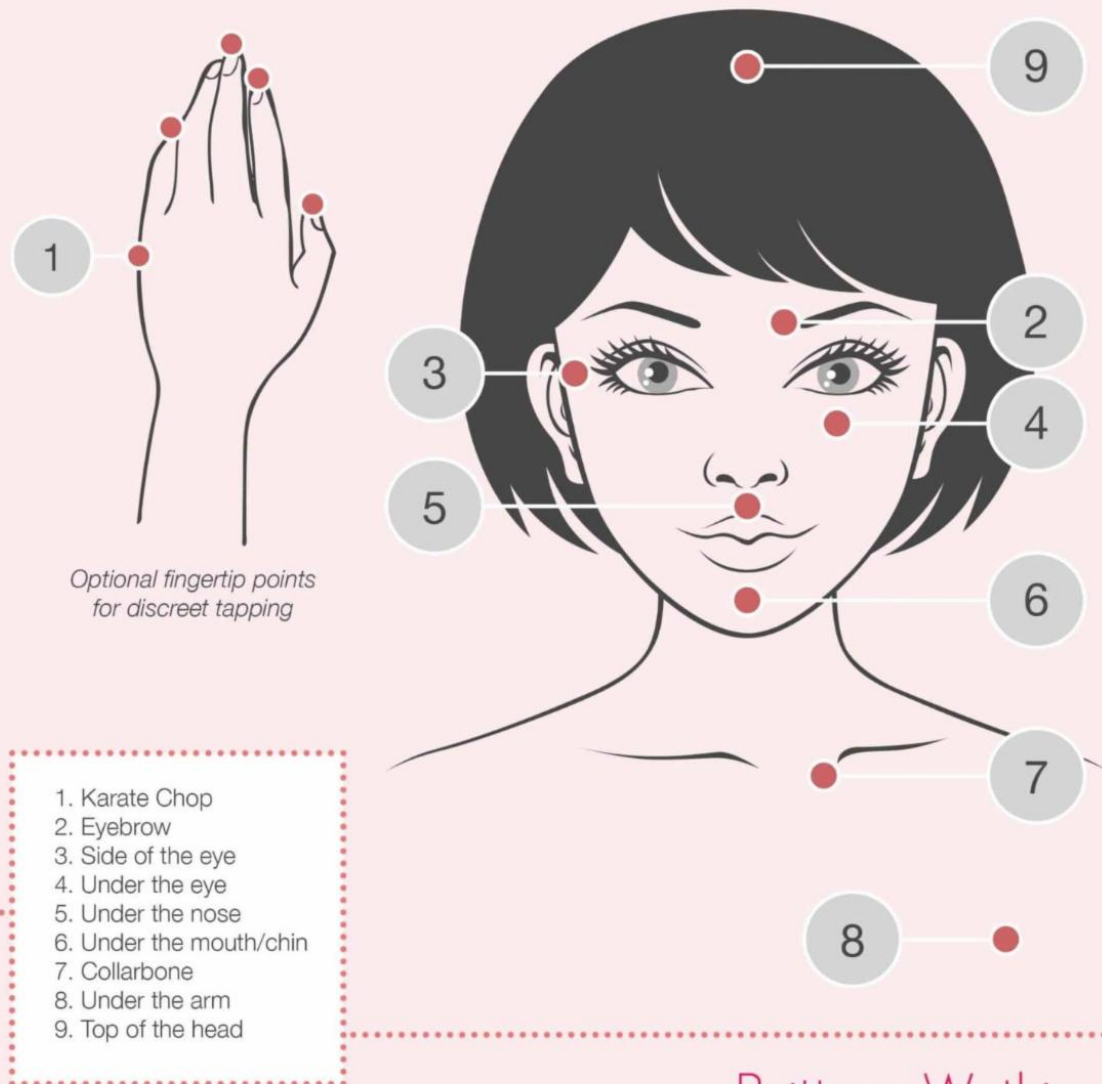
Each of you deserve to have a great life. You are worthy and have value just as you are. Seek support from friends, church, professional help. Set at least one health goal. Plan on getting eight or more hours of sleep each night and drink plenty of water. Don’t be so hard on yourself, give yourself and others a little compassion. Work on feeling healthy and centered and with a positive state of mind.

***You are an important investment and  
are totally worth it!***

## Feeling Overwhelmed?

# Tapping Points

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror images of points on both sides of the face and body. Each can be used interchangeably or you can tap with two hands on both sets of points at once. This is a forgiving process. Don't worry, you can't do it wrong!



Brittany Watkins

Does your body and mind feel overwhelmed right now? Do you feel like you're treading water trying to keep up with all of your demands? Let's take a few minutes and relieve some of that stress you are feeling.

**Begin by tapping the side of your hand and repeat after me:** "Even though I'm feeling overwhelmed right now, I am doing my best and my best is good enough."

**Tap the eyebrow:** "So much is going on. Of course, I've gotten overwhelmed."

**Next, tap the side of the eye:** "I am feeling more in control now."

**Under the eye:** "I can work my way through this."

**Under the nose:** "Calmly and confidently."

**The chin:** "Step by step."

**Top of the collarbone:** "I am starting to feel calmer already."

**Under the arm:** "I am releasing all of the guilt and shame associated with those overwhelming feelings."

**On top of the head:** "I am strong and capable. I've got this."



## Is Your Check Engine Light On?

by Kristi Barth

What happens when your check engine light comes on in your car? Do you think I don't have time for this? Hope it's not going to break the bank! I feel the same when my engine light comes on!

You have a check engine light on your body as well, we just have to pay attention to it. Which could show up as tiredness...or depression. You don't feel that you can take the time to fix it? Do you feel your schedule is already full? Stop right now and run a full diagnostic on your body. If you can't do it now, schedule 10 minutes later **TODAY** to do it. What is it telling you? Do you need to stretch, take a walk, call a friend, make an appointment? Remember what we focus on or measure gets improved. Choose 1-2 things that you feel will help you get back on track. Some of us need even more.

### Resources

[Teens Finding Hope's Spotify Playlist](#)

### Worksheets

- click images to download -

#### Plan of Action

*Plan of Action*  
...for when I'm feeling extremely down or stressed.



EAT HEALTHY...EXERCISE...  
SLEEP...RELAX

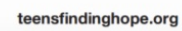
*Plan of Action*  
...for when I'm feeling extremely down or stressed.

1. Did I fill out my mood rating scale?
2. Who will I call for help?
3. Where will I get help?
4. Will I try to solve the problem on my own?
5. Are my expectations realistic?
6. Do I want to get better?

### What Do My Moods Tell Me?



Use this chart to keep track of your moods. Be sure to note what you were doing when you felt that way. Here's a list of words to help you:



**Thank you!**

**teensfindinghope.org**

[tools](#), [resources](#), [music](#), [blogs](#), [videos](#),  
and [worksheets](#)

