

# POEM & COMMENTS...

WRITTEN BY TEENS

## Pain

Pain is for me, only me  
Others smile, laugh-enjoy

I feel so alone, alone in a world  
I can't escape

Watching others and thinking  
Why can't it be me?  
When will my time come?  
When will I smile and mean it?

## THINGS TO REMEMBER...

There are people who love me, it's okay  
to make mistakes, I am good enough,  
my life matters, I am not alone.

### A post from Louise

I was feeling really down today and decided to visit your site. I read *Things to Remember*, and it made me feel a little better. I'm going to print this out and put it in my purse and I'm making a pact with myself to read it every day. Thank you!!

### A post from Spencer

This post, program, website, and blog are utterly wonderful and helpful. I will try everything I can to get this out to the people I know on the internet. Thank you, it really helps.



Unfortunately for us there is a stigma attached to mental illness that prevents us from talking about our struggles and stops us from getting the help we need to find healing.

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

**1-800-SUICIDE**

(Talk Line)

**1-800-448-3000**

(Boys Town Hotline)

**1 800-273-TALK**

(Suicide Prevention Lifeline 24/7)

**Nami.org**

(for resources)



[teensfindinghope.org](http://teensfindinghope.org)



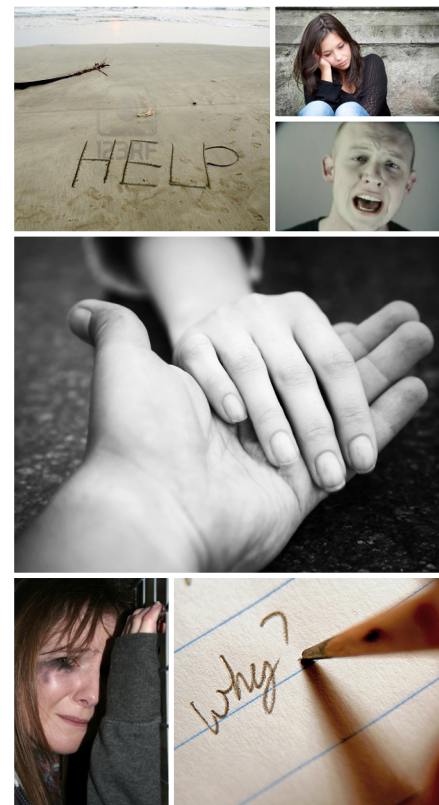
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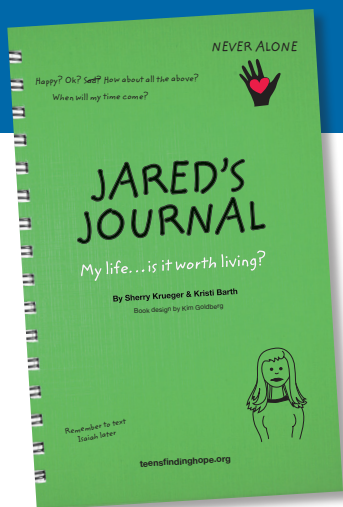
## Our Mission

To provide resources and encouragement to teens and families affected by depression.

[teensfindinghope.org](http://teensfindinghope.org)

# JARED'S JOURNAL

By Sherry Krueger  
and Kristi Barth



A book written about a teenage boy who suffers from depression. This story documents his road to recovery after his attempted suicide.

Every 40 seconds someone dies from a suicide attempt. Suicide is the 3<sup>rd</sup> leading cause of death for 10-24 year olds.

## The Teens Finding Hope TOOL KIT

A collection of resources, designed to help the teen sufferer and his supporters understand depression and find some tools for recovery.

**Along with Jared's Journal, the tool kit includes:**

- **1 Parent Journal** that shares Jared's experience from his mom's perspective
- **1 Blank Journal** for a teen to fill out on their own journey
- **1 Wallet-sized Emergency Card** lists phone numbers and websites that can provide much needed support
- **A Note to Parents**
- **A Note to the Teen**
- **1 Red Mood Bracelet** for teen to wear when life is feeling out of control
- **1 Purple Bracelet** for friends and loved ones to wear in support of teen



## OUR NEW BOOK FOR SIBLINGS

### Finding Rainbows Through My Sister's Depression

By Sherry Krueger & Kristi Barth



**Finding Rainbows**, written for ages 8-12, tells the story of a young girl as she struggles to understand her sister's illness and why it's changing their relationship. She just wants things to go back to the way they were.

This book supports younger siblings of teens with depression and provides them with new information like;

- You can help your family and sibling
- You may feel neglected and left out at times
- Depression can take a long time to get better
- If your sibling yells at you, they're not necessarily mad at you, they just don't feel right
- It's OK to tell Mom, Dad or an adult when you are scared and don't know what to do
- Celebrate the good days and all that life has to offer

## teensfindinghope.org

A website where teens and parents can find resources, hear encouraging music, see videos of teens working through some of the same issues they may be facing, and educate themselves on places for help and ways to develop a mental health plan.



**Explore, learn and return to our website:**

**BLOG**—Weekly thoughts to encourage and uplift you while you are on the journey of life

**GET HELP NOW**—Websites and hotlines to give you immediate help and support are just a click away

**STORIES**—Actual stories from teens or parents who have been there and honestly tell you how they feel and what they struggle with

**STRATEGIES**—Sometimes you may not be sure what to do next, here we have tools to try

**FAITH**—How having faith in a higher power can offer hope, help and reduce your anxiety

**GET THE FACTS**—Find out about depression, learn the warning signs, how it affects the brain, treatment options and what to do next

**SHOP**—Do you know a teen or family who could benefit from resources on depression? Order directly from us on the website.