



# The Power to Prevent Suicide: A Guide for Teens

## Helping Teens

*Richard E. Nelson Ph.D., Judith C. Galas*

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When teens consider suicide, they often tell other teens—if not always directly, then in other ways. Updated with new facts, statistics, and resources, this book gives teens the information and insight they need to recognize the risk and respond appropriately. It spells out the warning signs, guides teens through the steps of reaching out to a friend, and explains when and how to seek help. It also suggests ways for teens to help themselves when they're feeling stressed or depressed.

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