

The Elkhart Truth

September 2, 2011

Be 'hope and change' for the depressed

The words "hope and change" often have to do with some political party making a statement about there is hope out there if we can just change a few things in society.

I would like to use those words in a different situation. Already this year 10 people have died by suicide in Elkhart County. Where was the "hope" they needed to continue on with their struggles in life? Where was the "change" going to come from to make their lives better so that death by suicide was just a passing thought, not their last option?

For many in Elkhart County, depression may be a part of their daily lives. Someone experiencing depression may not see hope of any change in their lives and every day may seem for many there is hope through counseling and medication available at several mental health agencies and counselors in Elkhart County. Some are so depressed that counseling and are so depressed that counseling and medication may not work. They see no hope and no possibility of positive change in their circumstances and lives are ended.

Before anyone decides to end his or her life by suicide, let each of us take it upon ourselves to remember when people are experiencing emotional or physical hardship. A kind word or gesture may make the difference in his or her perception of hope and change.

A call to 211, which has many referral sources for assistance, is a good place to start looking for that hope and change so he or she may see suicide is not the only option left. You could be that hope and change in a person's life by just saying a kind word and being aware of the struggles people around you are facing.

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