

Teens need someone to talk to

Bullying and stress from schoolwork are, to me, the factors that trigger the suicidal thoughts in an individual.

As a teenager in high school, I understand the pressure and stress put on individuals to fit in and get through all the schoolwork.

There is never enough time to interact with friends or do any of the activities I would take part in before. It's always, "Keep your head in the books and complete all the assignments on time."

There are often times when that individual needs someone to turn to, but because of their lack of communication with friends, there is no one to listen.

The fact that the Save a Life suicide-prevention program is being placed in high schools helps reassure me and my peers that there is a safe environment in which we can express our thoughts and not be judged.

It would help desperate individuals seek other solutions to their "inescapable" problems.

Sometimes, we as teens forget that suicide is a permanent solution to our temporary problem; it just seems like the easy way out. Save a Life would actually prevent more of these suicides from happening.

Just knowing that someone cares enough to take action and prevent more families from having to deal with the emotional heartbreak caused by a suicide puts my mind at peace.

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Gabriela is a 16-year-old student at Cary High School.

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