

Panorama

Self love before self harm; fighting when it strikes



There exists a world that is dark, bone dry, and silent. Reaching out to touch something, yet fingers grasp nothing. Nothing below, above, or to any side. The lights come on suddenly, but somehow it's worse. People walk by without turning their

heads. Nobody accepts your hand. As you drop your hand, it's caught by a caring soul.

More than 14.8 million Americans are diagnosed with persistent depressive disorder. Some reach out to horrible actions such as self harm or even suicide- the 10th leading cause of death in America.

This was seen on Sunday, Jan. 29, when two girls, Ritu Sachdeva, 17, and Hillary "Kate" Kuizon, 17, who were Plano high school seniors committed suicide from different causes. Ritu was found dead by relatives from an overdose of medication, while Kate was found by police hung in the woods.

The role of the friendship in the heart breaking incident is unknown, and few details are being released to reporters. The lives of the wonderful girls who were capable of so much were tragically taken, and prayer and sympathy goes out to their family and friends. While the blame of the

suicide is not one person's fault, many wonder what they could've done differently to save these beautiful lives.

All of the tragic suicides have a story, and may start with self harm. Some perform self harm because it feels good, coping with feelings that can't be put into words. Afterwards, it feels better... for a little while. However, the feelings come rushing back again cycling back to the desire to cut, burn, or hide.

These people need love and support flowing constantly so that they know it's there; it's always in arm's reach. The sooner they know they're loved, the more lives can be saved. Depression can be like falling down a pit. It starts with normal life along a path, and then comes the fall. At first, it's not that deep, but the longer the fall, the harder it is to imagine ever climbing out.

While many people try to make a habit of showing love, it's not easy to show everyday to everybody. However, even if friends or even strangers don't directly show love to victims, they need to know that they are cherished, and people want them to respect themselves as much as their friends respect them.

While it's a hard concept to grasp, it should not go ignored. Every young man or woman has the power to save souls. However, it is such a careful subject that there isn't one way to respond to all of

those who struggle with depression. Every person and their problems are different. This is one reason that many people choke up when their friends tell them of their struggles.

Many victims of depression feel begrudgingly pitied when they share their feelings, but that's not always how others think of them. Being in a situation that can really help or hurt a friend can be scary, and friends want to do all that they can to make sure that the victim comes out of the situation safely.

No matter what, victims of depression should understand, no matter how hard it is, that it will pass. People have gone through the same situation and are happy to help others out of it. Everybody has a different story, and people never know it until it's told. The cloud does have a silver lining, and people can live through it; even those who are least expected to have gone through the path.

Reach out to friends, families, leaders, and anybody that can be trusted about the struggles. For some people that's a parent, but for others, it's their God or religion in which they rely on. Nobody needs to go through depression alone, and nobody should walk out of it alone.

-Lily Hager, Editor in Chief

Suicide is the 10th leading cause of death in America.

Etce

Newspaper IAA Entry Form

Clip, duplicate, complete and attach one to the back of each entry. Please do not write on the entry.

This form must be typed or printed clearly and taped or glued to the back of the entry.

No staples or paper clips. You may submit two entries per school for each category.

Deadline: Feb. 15, 2016 (postmarked on or before)

Category entered Editorial Writing Category # 3

Type or print below names of all persons who created this entry:

Student's name Lily Hager

School Willow Springs Middle School

Adviser's Name Nicole Sanders

Name of Publication Leopard Life

Circle one: MS/JH A 2A 3A 4A, 5A-1 (1060-1580) 5A-2 (1581-2099) 6A-1 (2100-2675) 6A-2 (2676 and up)

To the best of my knowledge, this is the work of the student(s) named. If this entry is judged a winner, I give permission for this entry to be published by ILPC/UII as an example of superior student achievement.

Adviser's signature or initials Nicole Sand

days

alen-
have a
ou can't
to your
much you
n-grader

s, middle
at of Val-
family
is much
Willow

Hopkin-
gherty

of the third
special Va
kept from
someone.
said, is no
school. A
day come
to reminisc
entine's d
than havi

be on a s
open a fe
why, but
mas so r
our famil
well.

day] I'd make sure to make
you'd put candy in it," seventh-grader, Morgan
Waters said.

"[On Valentine's day in grade school]
we would have a party and give out chocolates
and heart shaped chocolates" seventh-grader,

lieve this. Some make it clear that Valentine's
shouldn't be about relationships or dating, and
that spending time with those you love is more
important.

"[On Valentine's day in present time] I