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LET'S PLAY A LITTLE GAME

Guessing the News

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Ready to try your luck in a little news game? Let's see if you can guess the story.

What does someone try every minute of every day? And accomplish every 16 minutes?

Figured it out? Not yet? Here a more clues:

Over 1.8 million try it yearly and over 38,000 achieve it.

Still wondering:

Former NBA star Larry Bird, Country Singer Gary Allen, Singers Judy Collins and Actress Brook Shields, Comedian Jim Florentine, CNN Reporter Randi Kaye, CNN Anchor Anderson Cooper, and Congressman Garrett Lee Smith all have this in common.

Got it yet? Here's another clue:

It *doesn't* discriminate, and *does* affect all walks of life: the young, the old, the poor, the wealthy, the educated and the uneducated, the famous and the anonymous.

If you still can't figure it out, here's some helpful advice—turn on your TV set:

From *The Sopranos* to *Desperate Housewives*, this news item is fast becoming a plot line of many popular shows.

Here's one final clue to help you:

There's a myth surrounding it that says...*If you talk about it people will do it.*

Give up? Here's the answer:

I'm talking about *suicide* and the celebrities above are all survivors of suicide.

What do we mean when we say "*Survivor of Suicide?*" Anyone who has lost a loved one to suicide. Many people know this is a problem, I suspect few have any idea how huge a problem it truly is.

- There are **over 5 million** survivors of suicide in **our country** today.
- Suicide is the **2nd** leading cause of death among **college students**.
- Suicide is the **3rd** leading cause of death among **youth ages 15-24**.

The numbers are going up and the ages of those attempting are going down. Why then aren't people discussing the issue?

Gretta Krane, author of, *From the Ashes Flies the Phoenix*” believes that two things block the discussion. *The Shame and The Myth*, “People feel terrible amounts of shame when they are depressed and suicidal, and this prevents them from reaching out and getting the help they need.” She goes on to say, “As a society we buy into the old myth of ‘if you talk about suicide, people will do it.’” Why doesn’t the same thing hold true about drugs? Anti-Drug organizations urge us to talk about drugs...not so when it comes to suicide.”

Solutions to the problem are out there. *The Discussion and The Awareness*. Let’s start by having healthy conversations about how we’re feeling about depression, isolation and even suicide. Even if it’s not the easiest conversation to have, let’s open it up and have it anyway. And let’s teach our children it’s okay to have feelings and teach them healthy ways in which to deal with our feelings.

QUESTIONS FOR GRETTA KRANE:

1. Having a conversation about suicide is hard; how do you get one started?
2. Why do you think suicide is popular on TV shows today?
3. How do you talk about suicide without glamorizing it and making it open for “copycats?”

Gretta Krane is the author of *From the Ashes Flies the Phoenix* and founder of *Inspiring Enterprises*. She is a graduate of Arizona State University. She is currently speaking to colleges and universities, support groups and organizations on the topics of How to Change Your Life, Overcoming Life’s Adversities and Tragedies, and Surviving Suicide.

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