Finding Hope

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Did you notice the decorated lamp posts near the Campus Crossroads on Wednesday September 16th? Each post was covered with post cards offering positive messages of hope as a part of Suicide Prevention Day. Suicide is directly connected to loss of hope. Each post card had the word HOPE printed on the front with space for a message on the back. If you didn’t read some of the messages, you have the opportunity now. These are just a few that were written.

You deserve to be loved! Love yourself no matter what #Love #Awesome #Your life matters… Life is just starting, don’t give up… I believe in you. You are loved. Keep it up… Everything will be ok! … No matter how hard it gets, all lives matter. Keep moving forward… You are strong, beautiful, and you are worth it! … We all love you and care for you… You matter, you are worth it, and there is no such thing as worthless. Remember the good times, they are nothing compared to what is coming next. Be here to see what happens… Never give up; there is no one that is not important… You are somebody and the world needs you. You are loved, the heartache heals. It all gets better with time. YOU ARE NEEDED… Whatever is going on in your life you will make it. Have faith. You have the strength to make it… I know you may be facing a tough time, but please continue fighting. I have been there before and I am grateful I survived. Keep fighting, keep hope…

There is a reason you were put on this planet. Don’t give up until you find it. Love you… No te preocupes, todo pasara! Siempre ten esperanza… (Don’t worry, everything will pass. Always have hope)… You are loved. Life is worth it… Believe in yourself… No matter how dark life may seem, there is always light at the end of the tunnel, reach out… You deserve to love and be loved… Keep your head up. Things will only get better… Don’t quit before the miracle happens… There is a reason your lungs still fill up with air. You have a purpose and your body wants to live… Open yourself up to new people and new possibilities… Choose the best way to take back your life…

Depression is one of the leading causes of suicide. Each year the Counseling Center holds Depression Screening Day. This year’s screenings will be on Wednesday, October 7 from 11 until 2 in the Atrium of the RSC. Stop by and fill out a short screening form or pick up information on depression. You may need the information for yourself or for someone you care about. A counselor will briefly meet with you to discuss the results of your screening and make recommendations. All screenings are anonymous and confidential. If you don’t want to participate in a face to face screening, you can take an anonymous screening on the Counseling Center website. Just click on the link for On-Line Screenings.

Follow the Counseling Center on Twitter: @TAMUC_CounCtr for helpful suggestions and information about healthy, balanced living.