

Preventing Suicide

By Kimberly Velazquez

On November 29, 2013, nineteen year old Cecelia Markow told her story of her suicide attempt. In Cecelia's words, "Everybody I loved, everybody I held so dear that I would die for in any circumstance, I don't care how much pain it would have caused me, their voices, their encouragement that they've given me throughout the years, flashed through my head." Markow has a horrible anxiety disorder that leads to negative thoughts that come and go. She is too talented to throw her life away; she is a musician and enjoys drawing. Markow wasn't only suffering from her horrible anxiety, but she also was raped on Valentine's day by her boyfriend which is a terrifying situation. Ever since that happened, she tried her best not to think about the negative things she can do to herself. Her anxiety got so bad that she didn't really want to handle all the pain anymore. She began to have problems with memory loss. Markow said, "I couldn't remember parts of that semester at all, all I knew was that, at the end of it, I looked at my grades and it was horrifying. I'd passed two classes out of the five." Markow always thought that her meds weren't working, so she quit taking them. She had thought about attempting since she was 11 years old, but she always thought about her family. This is why she tried her best to think positive. This is Cecelia Markow and she is an attempted suicide survivor.

Cecelia's story is really inspiring and emotional. When you're thinking about committing, always think about your loved ones or the people that care about you. Always know that you are never alone. Having an anxiety disorder may cause you to always feel worried or have a fear for no reason. It may also cause you to get mad quickly and not think straight. As Cecilia said, "I'd passed two classes out of the five." You may start failing your classes.

According to the National American Foundation for Suicide Prevention, about 50,000 Americans died by committing suicide in 2017. You can prevent these rates of suicide by getting help, someone will always listen and stay with you. We can talk them out of it, explain to them how important they are, and how much we love them. Never let them feel alone, not at that exact moment nor ever. They want to feel safe, loved, and they want to be cared for. If you ever need help or you are dealing with the same thing Cecilia experienced you can always read her story. It's important in every single way, her story can help you by always knowing that people care about you and also what happens after you start having thoughts of suicide. Cecelia tells you step by step of what happened to her and how she started to lose her memory because all she could think about was committing. Cecelia also explained how she managed to prevent thinking about suicidal thoughts. Every time she thought about all the negatives, she thought about her family at the same time. She realized how much they loved her and how hurt they would be.

If you or a loved one needs help to get your mind out of the horrifying past, you can always go to a Mental Health America location. This place really helps you deal with the past. Mental Health America was created in 1909, which means they have a lot of experience with these types of problems. They offer “screen tools” which is a quick and easy test that determines whether you’re experiencing symptoms of a mental illness. If you need help with these problems always seek help for yourself or sometimes for you and your loved one. They also offer you treatments while you are recovering.

At the end of Cecelia’s story, she explains how she felt it was no one's fault. What she felt was something deep down in her heart. If you are ever experiencing the same thing Cecelia experienced, don't be scared to call for help. Always know that your family or loved ones care for you. There are many ways to prevent suicide.