



“As a freshman at Kentlake High School, Keo was struggling with depression, not doing well at school and at odds with his Cambodian-born parents.

‘I was just a typical American kid. My parents wanted me to have Cambodian roots, so those were some things we argued about,’ Keo said. ‘In school I always had a lot of friends. I would always try and hide my depression by hanging out with them, being the cool kid, the class clown.’”

Things changed for Keo when he joined the Southeast Asian Young Men’s group. The group met weekly to discuss common experiences of feeling isolated, depressed and disconnected from their parents. Keo said sharing his problems helped him realize he wasn’t alone.

Realizing you aren’t alone is healing for both boys and girls. After their son’s death, John and Susie Trautwein started the [Will To Live](#) organization to help kids support each other. This organization promotes kids letting their friends know they love them and are there for them. As they explain on their site “we believe that help and support from a friend may just be the most effective way to ensure our kids find that ‘Will To Live’ – that will to fight through the difficult times, because they know they are not alone!”

### **Seeking Professional Help**

Sometimes a child may need professional help. Diane had noticed her teenage daughter, Chloe, had been overreacting to little things. Diane thought it was perhaps from the pressure of the new school year or just hormones. However, when Chloe blew up at her brother for losing her hairbands (which in fact Chloe had accidentally tossed in with the dirty laundry), Diane decided to make an appointment for Chloe to see the school psychologist.

After seeing Chloe, the psychologist immediately called Diane. This was serious. Chloe had a plan for how she was going to kill herself. Diane was shocked. She had no idea that Chloe had even considered killing herself. Chloe entered an in-patient treatment program and got the help she needed.

By reaching out for help, Diane may very well have saved Chloe's life. If your gut tells you something isn't right with one of your kids, it is wise to get outside help.

Even if you don't think your children would consider suicide, talk to them about it. By opening up the conversation, you let them know that you can handle hearing about their difficulties. Life will be challenging for your kids at times. Hopefully knowing there are people they can turn to for help will prevent them from turning to suicide as a solution.

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