

Hearts Can Break, Feelings Can Falter

~Sending Out an SOS Part2~

♥Suicide Prevention Education: Learn to send out an SOS.

HELP...



It has been several years since the "How to raise SOS" education for suicide prevention in educational settings began. However, we are still facing the reality of a further increase in suicides. It may be that today's society is not safe enough for people to feel secure to raise an SOS. Intolerant of "weakness" seems to have prevailed, and we need a culture and environment where people feel safe to expose their feelings, such as "I don't know what to do" or "I feel hopeless".

♥Resilience = the ability to rise up out of difficulties

We seem to be stuck in the middle of a contradiction these days, that is while calling for people to "raise an SOS if you are in trouble," the message of "nurture an unbreakable heart = resilience" is sometimes uttered. The education of "a resilient heart" has brought about the values that "a person who falters is a bad person" and "it is wrong to be weak," and it seems to have created a situation where people are unable to give an SOS.

Resilience, however, refers to the ability to rise up from difficulties, and its original meaning is to rise up and rebuild one's life when one's heart is broken.

♥Hearts can break, Feelings can falter. Send out an SOS!



Most of college students are in the late adolescent stage of development. It is a time to establish identity and to prepare to go out into society. Since this is such a big task, it is natural for the mind to be unstable. Hearts can break and feelings can falter. What is important is the ability to stand up (recover) from this. When you cannot do anything on your own, send out an "SOS (help)" message. There are times when you are not even aware of it, and your body and actions give you signs, such as physical discomfort, overeating, self-harm, getting into games, excessive consumption of alcohol, etc.

It is important to notice any unusual changes in yourself. If you find it difficult to talk about "SOS (help)" with your friends or teachers that you deal with on a daily basis, you can always come to the counseling room. Our counselors will help you find the strength to recover and nurture the seeds of your recovery.