Mary had a problem with cutting, though she claimed she didn’t know why. “It gives me another type of pain to focus on other than the pain inside,” she explained. “I’d loved out my frustration.”

Though she said she found it difficult to explain to “people, Mary’s reason for cutting herself was similar: “It was like a release,” Mary said.

Katy also did the same thing, but her reason was different. “I was getting more depressed,” said Katy.

Both girls said it was difficult to talk about their cutting, though they also hid this from others. “I tried to hide it from people,” said Katy. “I thought they wanted to be friends with no more because friends either ignored her or mistreated her. “Being alone was part of Mary’s depression, she had no friends, she found it difficult to talk about her feelings — it was almost impossible to find the words. “It was like you were trapped in a deep hole to which you could not escape. For anybody, but Mary said her grandparents told her the same thing. “The loss of a loved one is painful for anybody, but Mary said her grand- father’s death was especially hard. Besides the cutting, the crying, and the fighting, Mary also began to regret her actions.

There are times when her over- whelming emotions drove her to hurt herself. Mary had a problem with cutting, though she claimed she didn’t know why. “It gives me another type of pain to focus on other than the pain inside,” she explained. “I’d loved out my frustration.”

Though she said she found it difficult to explain to “people, Mary’s reason for cutting herself was similar: “It was like a release,” Mary said. “I’m going to get help.”

Until it turns to self-harm, only a very small number of teens that become depressed.

There are also help lines, like the Connecticut Children’s Network and confidential and callers speak to trained mental health professionals.

The number of Wheeler Clinic’s help line was 747-3434 for central Connecticut, and 524-1362 for the school system.

For the clinic’s suicide hotline, the number is 1-800-784-2433.

These are difficult problems for anyone, especially an adoles- cent. Whatever the cause, depression can have a serious effect on teenagers.

Mingel said that about 10 to 20 percent of teens at the clinic’s exter- nal line are teens, although they also help parents and other adults.

Teens who are depressed some- times feel suicidal, and even kill themselves. “We have tried to kill themselves. But there are ways to help pre- vent these problems, although it’s obvious that more must be done,” Mingel said. The school system has made an effort to help depressed students.

There are guidance counselors, who work with students. Mingel recommended that teens reach out to each other as well. Those who have a friend who is depressed can get help. There are times when her over- whelming emotions drove her to hurt herself. Mary had a problem with cutting, though she claimed she didn’t know why. “It gives me another type of pain to focus on other than the pain inside,” she explained. “I’d loved out my frustration.”

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