

To Save Lives, We Must Talk about Mental Health Disorders with Students

"Reports of suicide surface nearly every day, usually about teenagers and young adults. This is not a coincidence, as most mental health disorders develop between the ages of 14 and 25, and stigma and lack of education prevent people from seeking help. To address the suicide crisis, we must talk about mental illnesses," wrote Shauna Moses, Associate Executive Director of the New Jersey Association of Mental Health and Addiction Agencies (NJAMHAA), in an [op-ed](#) that was published in the *Trenton Times* on November 23, 2013, which was International Survivors of Suicide Day. Survivors of suicide are defined as those who have lost loved ones to suicide. According to Moses, "We also need another kind of suicide survivor: those whose minds become invaded by suicidal thoughts, and then they get help and stay alive." She shares her experiences as a survivor of suicide - from both the traditional definition and her own definition - in another [op-ed](#) piece that was published in the Courier Post on November 21, 2013.

"Becoming educated is the first step. [Attitudes in Reverse](#)[®] (AIR) educates teenagers and young adults and recently launched its [In Their Shoes](#)[™] campaign to build empathy for those who are struggling," added Moses, who is also a member of the AIR Board of Directors. "Seeking services is the next step."

Behavioral healthcare providers are listed by county on the NJAMHAA [website](#) (scroll down the home page and click on the "Need Treatment" button on the left).