



Roots Renewal Ranch Warns of Suicide in Teen Girls

September 03, 2024

ARGYLE, TX - September 03, 2024 - PRESSADVANTAGE -

Argyle, TX ? Roots Renewal Ranch, a mental health center for teen girls, took to their blog recently to cover an important topic: suicide in high school. The team at Roots Renewal Ranch works with teenage girls living with mental health concerns, sometimes including suicidal ideation, so it?s an issue near to their hearts.

?The reality of teen suicide is all too prevalent in today?s day and age. We all know someone who has been affected by this type of tragedy ? a classmate, a friend, a neighbor, parents, or even ourselves. Suicide not only takes away a loved one, it takes a piece of us with it,? the blog poignantly states. They also share a statistic that drives the gravity of this issue home: ?From 2000 to 2021, the suicide rate for teens and young adults has risen 52.2%.? The blog also highlights the fact that Texas is ranked 46th in the United States when it comes to providing youth with the mental health resources and care they need.

The article then goes on to cover signs of suicidal ideation in teens ? vital knowledge for anyone, especially individuals working with youth. Signs of suicidal ideation listed in the blog are substance use, risk-taking behaviors, an obsession with death, writing suicide notes, stockpiling pills, and acquiring weapons.

Thankfully, Roots Renewal Ranch doesn?t present these signs without an action plan to reduce suicide in teens. According to the blog, this strategy is known as ?QPR.? ??QPR? stands for ?question, persuade,

refer.? It?s a 3-step process that can be followed by anyone looking to save someone?s life from suicide. If you know anyone managing suicidal ideation, this process is a way for you to reach them,? the article elaborates.

Roots Renewal Ranch proceeds to break down the steps of QPR. The ?question? part of QPR involves straightforwardly asking the teen if they?re considering killing themselves. The blog warns against asking the question indirectly or asking in a way that might make the teen defensive or shut down. The ?persuade? portion of QPR involves encouraging the person to express their feelings and listening carefully. The blog says after that, readers should ask the teen if they?ll go with them to get help, or if they?re hesitant, ask if they can make some calls for them. ?Work together with the person to decide the next steps and the plan moving forward,? Roots Renewal Ranch instructs. The final stage of QPR, ?refer,? involves connecting the teen directly to mental health care and resources.

The article also offers insight for people who might doubt their ability to implement QPR successfully. According to the blog, readers reminding the teen that they want them to live, involving other people they trust, and following up during and after treatment can go a long way. They also advise against using the phrase, ?committing suicide,? and suggest readers take a QPR class to increase their knowledge.

Lastly, the article directly offers mental health resources, including hotlines like 988, and a link to Texas Health and Human Services. Roots Renewal Ranch also mentions themselves as a safe space and resource for teen girls experiencing suicidal ideation. ?Suicide is 100% preventable, and finding treatment early on is the best defense against losing another teen,? the blog closes.

Roots Renewal Ranch offers inpatient treatment for teen girls in the Dallas Fort Worth area in a peaceful environment. Animals live on the ranch, and girls take care of and spend time with the animals as a part of their treatment. They offer more traditional therapy options, too, including trauma-informed care. For more on Roots Renewal Ranch, visit their website or call them at 888-399-0489.

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Roots Adolescent Renewal Ranch

Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.

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