

Textbook

Chapter 9

Essay Organization

pp. 198 ~ 205

March is Suicide Prevention Month

厚生労働省：毎年3月は「自殺対策強化月間」

My friend works at a suicide-hotline call-center.

She told me about her experiences dealing with people who felt that life was completely hopeless.

Their common symptom was a lack of self-love.

Let's Listen to Their Stories

増える子供の自殺： SOSを把握するには

<https://www.youtube.com/watch?v=JZKW3s3juDs>

生きる力を信じる： いのちの電話

<https://www.youtube.com/watch?v=XpMouHcMSIY>

自殺を防ぐ最後の砦

<https://www.youtube.com/watch?v=X17FInB55Qc>

「死にたい」の裏には「助けて」： 増える子供の自殺「声なき叫び」

https://www.youtube.com/watch?v=O_qeFZ3pmUM

Online Resources, Phone #s, SNS Links

Life Link ライフ・リンク

<https://www.lifelink.or.jp/inochisos/>

厚生労働省： まもろうよ こころ

<https://www.mhlw.go.jp/mamorouyokokoro/soudan/sns/>

京都市：こころの相談窓口

https://kyoto-kokoro.org/wordpress/wp-content/themes/kyoto-kokoro20250331/help/img/consultation_list.pdf

全国の「いのちの電話」一覧・インターネット相談

https://www.inochinodenwa.org/?page_id=267

Please Love Yourself

Please love, accept, and forgive yourself no matter what.

Loving yourself has nothing to do with your grades, accomplishments, looks, gender, age, ethnicity, power, or money.

You don't need a reason to love yourself. It's enough that you are alive.

Know that there are people in this world who love you.

Wherever we are, I will always be cheering you on.

Thank you for your love and kindness. Thank you so much for being alive.