

Reasons to stay alive:

1. to make your parents proud
2. to conquer your fears
3. to see your family again
4. to see your favourite artist live
5. to listen to music again
6. to experience a new culture
7. to make new friends
8. to inspire
9. to have your own children
10. to adopt your own pet
11. to make yourself proud
12. to meet your idols

13. to laugh until you cry
14. to feel tears of happiness
15. to eat your favourite food
16. to see your siblings grow
17. to pass school
18. to get a tattoo(s)
19. to smile until your cheeks hurt
20. to meet your online friends
21. to find someone who loves you
like you deserve
22. to eat ice cream on a hot day
23. to drink hot chocolate on a cold
day

24. to see untouched snow in the morning

25. to see a sunset that sets the sky on fire

26. to see stars light up the sky

27. to read a book that changes your life

28. to see the flowers in the spring

29. to see the leaves change from green to brown

30. to travel abroad

31. to learn a new language

32. to learn to draw

33. to tell others your story in the hopes of helping them

34. Puppy kisses.

35. Baby kisses (the open mouthed kind when they smack their lips on your cheek).

36. Swear words and the release you feel when you say them.

37. Trampolines.

38. Ice cream.

39. Stargazing.

40. Cloud watching.

41. Taking a shower and then sleeping in clean sheets.

42. Receiving thoughtful gifts.

43. "I saw this and thought of you."

44. The feeling you get when someone you love says, "I love you."

45. The relief you feel after crying.

46. Sunshine.

47. The feeling you get when someone is listening to you/giving you their full attention.

48. Your future wedding.

49. Your favorite candy bar.

50. New clothes.

51. Witty puns.

52. Really good bread.

53. Holding your child in your arms for the first time.

54. Completing a milestone (aka going to college, graduating college, getting married, getting your dream job.)

55. The kind of dreams where you wake up and can't stop smiling.

56. The smell before and after it rains.

57. The sound of rain against a rooftop.

58. The feeling you get when you're dancing.

59. The person (or people) that mean the most to you. Stay alive for them.

60. Trying out new recipes.

61. The feeling you get when your favorite song comes on the radio.

62. The rush you get when you step onto a stage.

63. You have to share your voice and talents and knowledge with the world because they are so valuable.

64. Breakfast in bed.

65. Getting a middle seat in the movie theater.

66. Breakfast for dinner (because it's so much better at night than in the morning).

67. Meaningful love.

68. Forgiveness.

69. water balloon fights.

70. New books by your favorite authors.

71. Fireflies.

72. Birthdays.

73. Realizing that someone loves you.

74. Spending the day with someone you love.

75. Spending the whole day in bed.

76. Eating a whole pint of your favorite ice cream.

77. Floating in water on your back and just staring up at the sky.

78. First dates (even the bad ones make for funny stories.)

79. Bonfires and s'mores.

80. Relationships where you love someone but aren't in love with them.

81. Coming home to someone you love.

82. The color of autumn leaves when they change.

Summer.

83. Singing songs at the top of your lungs with your friends.

84. Cuddling.

85. Being wrapped up in a warm bed.

86. Someone's skin against yours.

87. Holding hands.

88. The kind of hugs when you can feel a weight being lifted off your shoulders. The kind of hug where your breath syncs with the other person's, and you feel like the only two people in the world.

89. Singing off key with your best friends.

90. Road trips.

91. Spontaneous adventures.
92. The feeling of sand beneath your toes.
93. The feeling when the first ocean wave rolls up and envelops your toes and ankles and knees.
94. Thunderstorms.
95. Your first (or hundredth) trip to Disneyland.
96. The taste of your favorite food.
97. The child-like feeling you get on Christmas morning.

98. The day when everything finally goes your way.

99. Compliments and praise.

100. to look on this moment in 10 years time and realise you did it.

You can do this boo!! You are loved, you are valid, you are beautiful/handsome, you are worth it, and even if you don't believe it, it's true and I'm cheering you on! You CAN DO THIS!! I BELIEVE IN YOU! You are you, you are valid and no one

can tell you otherwise! You're one in
7.9 BILLION! You are one of a kind,
you are special. There will never be
another you, EVER. I know parents
might suck, trust me I'm right there
with you. But soon enough you'll be
on your own! Hang on for however
long it is until you can move out, I
believe in you! Remember, YOU ARE
LOVED AND YOU ARE VALID! DON'T
EVER FORGET THAT!! YOU ARE
WORTH IT, I AM SO FUCKING PROUD
OF YOU!! <3

Know you're never alone, I will always listen to you and so will others. We may have the same problems, too. I know it's hard, boo. But you just gotta stay alive for me and even for you, because it will get better and you will be glad you stayed alive! Just imagine, 10 years from now. Maybe you just moved out, maybe you just graduated college. But in 10 years, all of us will be adults. Doesn't matter if you're ten, doesn't

matter if you're seventeen. I care about you and you will make it through this, I promise. After the storm comes a rainbow, right? You may have multiple storms, but eventually you get a rainbow after each one. Everyone has a storm or two in their life. It's normal, it's just human. Every single person already has, is going through, or is going to go through these "storms". You and I are no different and we will make it, I promise. We may have different

"storms" to go through but we can guide each other through them. The outcome will all be the same though. We'll be happy we made it to our "rainbow" and proud of ourselves and each other for making the journey without giving up.

Just live. Be an idiot, cry, laugh, vibe, chill, just live your life! You won't regret it. Taking risks is fun sometimes, but scary. But in order to feel better, you gotta do it. You'll

be proud, I promise. Overcome your fears! There will be shitty days, there will be great days! It'll get bad, it'll get better. It's a pattern, that's just a fact. It happens to everyone. That's just life, but it's gonna be okay. Cmon, it's time for you to at least try to take care of yourself. Eat at least two meals a day, drink at least one bottle of water, and try to sleep. I believe in you! Now, you won't always have someone with you to talk to you and help you your

entire life other than yourself. So start caring for yourself, please!

Emotions are weird. But, I have one thing to tell you. Crying isn't a sign of weakness at all. Just let it out, it's okay. It's more healthy to just cry than to keep it bottled up and act happy. Trust me, I know. I'm sure everyone who will read this knows. But acting happy makes things worse. Please, stop putting on that fake smile and happy persona. And

y'know what? one day, you will be happy, you'll be genuinely smiling. I promise you will. I know you will. I know right now, it all seems hopeless. But don't ever lose hope. I also know this is very repetitive, but you will eventually be ok. we all will, we just have to hang in there. And while life itself may be meaningless, the journey of life isn't. It's an adventure, a rollercoaster of emotions. It's supposed to be a mess. That's what makes it life. And to everyone who

has made it to this point, hang in there. There's more.

People. Oh god, people. Friends, family, lovers, strangers... classmates, teachers... Just, people. Contrary to popular belief, you don't need to find love to be happy. Yeah, it might help to have someone by your side but it's not a necessary piece of being happy. The people who use you, @b#e you, g@sl!ght you, frankly are assholes! You don't need anyone who

doesn't care about you. Those pieces of shit can get thrown in the trash where they belong. You don't need them and they certainly don't need you! They'll just bring you down, you don't want that. But there are kind people out there, hold onto them for a while and it's ok to leave them too. It's okay to not have a "bff". No one needs that. For those who have a "bff", good for you I guess. But it doesn't matter how many friends you have or what "status" they're at.

That doesn't matter. You don't even need friends, to be honest. Some people, like myself, find it easier to communicate and stuff to feel better. But everyone is different and that is undeniable. No one is exactly the same. Now, you can usually escape "friends". But most of the time, you can't escape family until you're eighteen. Parents are... interesting to say the least. Like friends, there are toxic parents and parents who aren't toxic. It's

unpredictable which kind you'll get.

Maybe you'll get a toxic mother and a father that isn't toxic and vice-versa.

Some parents are both toxic. Other parents are both not toxic. Some

parents want their kids to fit the child they want and generally their

child doesn't fit that mold. But just

know that if you have those kinds of parents, you are enough and no one

can change you. Don't EVER change

for anyone, no matter what. Cause

you are enough and that is that. You

are valid! The same thing fits with lovers. And know that if your partner crosses a boundary for you, confront them about it and if they don't stop crossing that boundary or other boundaries, don't be afraid to drop them. It's okay to be upset that the one you love doesn't love you back but PLEASE, for the love of God MOVE ON! The more you dwell on it, the worse it'll make you feel. But I guess that could be one of your "storms". which sucks, but it's okay.

Your feelings are still valid. And finding a lifelong partner/soulmate is some people's goals in life. I'm not getting in the way of that because why should I? It's your life, you live it how you wanna live it, but at least try to have fun. That's all I ask.

Loss. Loss is one of the hardest things to go through, whether someone died or left your life. Either way, it's horrible and very hard to go through. I've lost friends but none

have died before. I've been ghosted, completely abandoned, and gotten into huge arguments to the point that that friendship could never be fixed. And it's ok, I've moved on from most of them. Most aren't major losses, so they didn't hit very hard. But losses like death. Death-related losses are the hardest to ever go through. I think one of the hardest and most recent deaths I've been through is my dog dying. Losing a pet can hurt as much as, if more than losing a person. But

death is a very heavy topic,
traumatic for some. Everybody is
somebody to someone, if that
makes any sense, and if someone
dies at least one person is grieving.
They may not even recover from the
loss. You never know. With that being
said, there is at least one person
who cares about another person on
this planet. That goes for everyone.
And though it may not seem like it,
people do care about you. You
wouldn't be reading this if people

didn't care. Hell, I wouldn't even be writing this if I didn't think someone needed to read it! Going through losses is one of those inevitable "storms", as is every section here.

School. School is tough, and assuming everyone here is in middle or high school, school is the worst right now and so is our mental health. Chances are, school is a huge factor of why our mental health is going down.

People, homework, and grades are

the main contributing factors. Grades and homework would be another one of these "storms". It's hard, school is horrible and no one can deny that.

But if you hang in there and make at least one friend, it doesn't feel as bad. If you reach out to your teachers for help, it's almost guaranteed they'll be willing to help.

School is horrible but not too bad if you think about it. It'll be ok, you'll make it out. I promise. we can both do this. <3

Coping mechanisms. Put down the scissors, knife.. whatever you use to s/h, put it down. I have better solutions. Just do as I say, this helps me a ton. Turn off all your lights except LED lights (preferably set on red) or fairy lights, if you have them. Find a good pair of headphones that block out sound. Turn on some music you love or a comfort audio and squeeze a pillow or stuffie, and

close your eyes tightly until you calm down some. :)

That's it, it's 3AM and I have a test tomorrow.. So.. I think I'm done.

Remember, stay alive for everyone, including yourself! You are loved, worthy, valid, and I am so proud of you for being alive right now! There is only one of you, out of 7.9 BILLION people and there will never be another of you. I care about you so much and I hope you are safe. I

hope you read this whole thing and

took all of it into consideration. I

hope this helped, even though it did

change the topic a lot. I feel like

focusing on these things helps people

think about what's wrong and why

they feel this way. <3

List of suicide prevention hotlines:

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines