



Tweet Transcript from Suicide Prevention Tweet Chat 11-9-12.

1:20 PM Sep 11th, 2012	valmullally Pls think of helpful books/resources/links/short quotes of encouragement re #SuicidePrevention - teens #WISEparent tweetchat
3:06 PM Sep 11th, 2012	valmullally @Meetmums if u have younger kids good idea to join #WISEparent tweetchat Tonight 8.30 - 9.30pm DublinTime re #suicideprevention
3:07 PM Sep 11th, 2012	valmullally @Meetmums keeping healthy family communication is as important as servicing ur car regularly. #WISEparent tweetchat tonite
3:37 PM Sep 11th, 2012	valmullally Big welcome to new followers. Pls join Join #WISEparent tweetchat Tonight 8.30 - 9.30pm DublinTime re #suicideprevention
3:42 PM Sep 11th, 2012	CompetentKids Concerns about teen depression? Join @valmullally for Tweetchat #WISEparent 3:30 pm EDT in the US. Ask questions, share ideas.
4:35 PM Sep 11th, 2012	valmullally Took a coffee break by Liffey River before #WISEparent tweetchat tonite. Joined by Mrs Duck http://t.co/rKIz423z
6:31 PM Sep 11th, 2012	valmullally Only 2 hrs till #WISEparent tweetchat 8.30 pm DublinTime re #SuicidePrevention - teens http://t.co/O9TY2e4W
7:10 PM Sep 11th, 2012	valmullally Want to join #WISEparent tweetchat? Not sure how? Take 5 min to watch http://t.co/FOVMtDsF
7:57 PM Sep 11th, 2012	TalentCoop Sorry should have been #WISEparent 8.30pm tweetchat- - all welcome - teens good mental health
8:02 PM Sep 11th, 2012	valmullally Only half an hour till we start tweetchat re teens emotional wellbeing. http://t.co/O9TY2e4W Pls RT #WISEparent
8:12 PM Sep 11th, 2012	valmullally During tweetchat I'll ask for poem/quote/song/resource that would be helpful for concerned parents #WISEparent
8:15 PM Sep 11th, 2012	GirlFridayEire please use http://t.co/V2N9swDD to shorten any URL's for tonight's Tweet Chat, nearly there only 15 minutes to go! #WISEparent
8:18 PM Sep 11th, 2012	GirlFridayEire Some touching poems here for anyone that has suffered a loss http://t.co/uulStjDZ #WISEparent
8:20 PM Sep 11th, 2012	valmullally Any agencies who give support to families pls tweet ur contact details #WISEparent
8:24 PM Sep 11th, 2012	PietaHouse #WISEparent tweetchat about to get underway - young people's mental health http://t.co/EKgABiXf #BeAware2012
8:29 PM Sep 11th, 2012	valmullally Starting in ONE min Tweetchat re #suicideprevention with teens #WISEparent
8:29 PM Sep 11th, 2012	funkygoddessirl Come along to #WISEparent tweetchat starting now re #suicideprevention with teens
8:30 PM Sep 11th, 2012	valmullally Welcome to Tweetchat re #suicideprevention with teens. Pls use hashtag #WISEparent
8:30 PM Sep 11th, 2012	valmullally Let's introduce ourselves. I'm Val Mullally – I support parents to create more enjoyable & fulfilling family life #WISEparent
8:32 PM Sep 11th, 2012	GirlFridayEire I am Lara Costello, I have no professional background here, just interested in learning more about what we can do #WISEparent
8:32 PM Sep 11th, 2012	Meetmums Good Evening everyone. Join the tweetchat with @valmullally to help parents on #suicideprevention with teens #WISEparent
8:32 PM Sep 11th, 2012	PietaHouse Tweetchat re: #suicideprevention with teens - join in with hashtag #WISEparent



8:34 PM Sep 11th, 2012	CompetentKids Thank you for opening up this discussion #WISEparent #WISEparent
8:34 PM Sep 11th, 2012	PietaHouse Pieta House is a #Suicide and #SelfHarm Crisis centre offering a free and accessible counselling service for those in crisis. #WISEparent
8:35 PM Sep 11th, 2012	valmullally We'll be talking about supporting emotional wellbeing of young people. I'll post question about every 10 min #WISEparent
8:36 PM Sep 11th, 2012	CompetentKids Would you like us to share books that might be helpful to teens with depression? #WISEparent #WISEparent
8:36 PM Sep 11th, 2012	Meetmums We are a guide to pre/postnatal classes and parent & toddler groups. We also wish to create an online support for parents #WISEparent
8:36 PM Sep 11th, 2012	valmullally TY4 joining re SuicidePrevention with teens. U can help! Pls donate to @PietaHouse http://t.co/3VtspTh3 #WISEparent
8:37 PM Sep 11th, 2012	valmullally We'll post a transcript of tweets tomoro on http://t.co/O9TY2e4W #WISEparent
8:37 PM Sep 11th, 2012	valmullally Helpful to say which question u answering. E.g. if u answering Q1 start ur tweet with A1 #WISEparent
8:38 PM Sep 11th, 2012	valmullally Self esteem is like a 3 legged stool – all 3 legs needed for balanced, positive sense of self. #WISEparent
8:38 PM Sep 11th, 2012	valmullally Some people think self esteem is about ego – & think not helpful. I like Juul's model of self esteem ... #WISEparent
8:38 PM Sep 11th, 2012	valmullally Suggest we look at 3 aspects of emotional wellbeing : self esteem, dealing with anger, communication #WISEparent
8:38 PM Sep 11th, 2012	valmullally Pls ensure we tweet sensitively. Some tweeters may have travelled very painful path – let's support them. #WISEparent
8:39 PM Sep 11th, 2012	valmullally Let's consider each of these 'legs' to self esteem stool. #WISEparent
8:39 PM Sep 11th, 2012	valmullally 3 legs of self esteem = 1: competence (which leads to confidence) 2: belonging (connection) 3: worth #WISEparent
8:39 PM Sep 11th, 2012	valmullally Q1 What's needed how to develop 'competence'? (which leads to confidence) #WISEparent
8:39 PM Sep 11th, 2012	CompetentKids Q1 Kids need to pursue own interests and be supported #WISEparent
8:43 PM Sep 11th, 2012	valmullally re Q1 Perhaps think about what does NOT work. How do we erode children's sense of competence? #WISEparent
8:43 PM Sep 11th, 2012	CompetentKids Q1 Be aware of their need for independence while supporting them. They will sense your approval and be able to grow #WISEparent
8:43 PM Sep 11th, 2012	Marie Doon @CompetentKids So how important is Music, Sport etc? #WISEparent
8:44 PM Sep 11th, 2012	EmmaLaneS @valmullally see @HeadstrongYMH and @ReachOutIRL for youth mental health info and support. #WISEparent
8:44 PM Sep 11th, 2012	CompetentKids Q1 May be hard to see child go down "different" path from your own #WISEparent
8:44 PM Sep 11th, 2012	GirlFridayEire @CompetentKids what a fabulous piece if advice, often forget children sense more than we know ! #WISEparent
8:45 PM Sep 11th, 2012	CompetentKids Q1 But if you can be accepting of them all will benefit #WISEparent
8:45 PM Sep 11th, 2012	Marie_Doon Should have said - ordinary parent of three teens. #WISEparent



8:46 PM Sep 11th, 2012	CompetentKids Music, sports, any accomplishment important for sense of competence. #WISEParent
8:46 PM Sep 11th, 2012	valmullally Please do join in twitter family. The more voices the better! #WISEparent
8:46 PM Sep 11th, 2012	CompetentKids Kids may need guidance to stick with a sport, etc. but perseverance is valuable! #WISEParent
8:47 PM Sep 11th, 2012	CompetentKids Q1 The more you are comfortable with yourself the more you can be accepting of your child #WISEParent
8:48 PM Sep 11th, 2012	valmullally My one son didn't settle easily to anything. He seemed to need to 'try everything'. #WISEparent
8:49 PM Sep 11th, 2012	CompetentKids As a psychologist I use ACT: Acceptance and Commitment Therapy, with teens #WISEParent
8:49 PM Sep 11th, 2012	valmullally @CompetentKids being comfortable with ourselves - our self esteem - has great impact on our children #WISEparent
8:50 PM Sep 11th, 2012	GirlFridayEire Does a parent's self esteem have a direct impact on the child? #WISEparent
8:50 PM Sep 11th, 2012	GirlFridayEire Sounds like a pragmatist - trying everything, that's me as an adult too! #WISEparent
8:52 PM Sep 11th, 2012	valmullally @CompetentKids can u describe in 1 or 2 tweets key aspects of Acceptance & Commitment Therapy #WISEparent
8:54 PM Sep 11th, 2012	CompetentKids ACT combines elements of mindfulness, acceptance and clarifying values #WISEParent
8:54 PM Sep 11th, 2012	GirlFridayEire Hey everyone there's a Tweet Chat going on now #WISEparent - discussing Teen Suicide prevention in honor of suicide prevention week, join us
8:54 PM Sep 11th, 2012	valmullally Q2 Self esteem second leg = 'connection' Let's name different groupings & ways teen has sense of 'belonging' #WISEparent
8:55 PM Sep 11th, 2012	CompetentKids If we can accept our thoughts and feelings AS thoughts and feelings we can choose whether to be guided by them #WISEParent
8:57 PM Sep 11th, 2012	CompetentKids Once we know what we value (connection, family, music, e.g,) we can move toward our values even though negative thts may arise #WISEParent
8:58 PM Sep 11th, 2012	CompetentKids We make a choice to gently let neg. thts go, rather than demean ourselves for having them. ACT is a compassionate approach #WISEParent
8:58 PM Sep 11th, 2012	GirlFridayEire @CompetentKids can you expand the thoughts and feelings as thoughts and feelings tweet a little bit? what do you mean? #WISEparent
8:59 PM Sep 11th, 2012	GirlFridayEire Beat me to it, thank-you - completely understand that idea, very hard sometimes but very important to remember are just thoughts #WISEparent
9:00 PM Sep 11th, 2012	CompetentKids For those parents who have lost a son or daughter to suicide, pls be compassionate with self #WISEParent
9:01 PM Sep 11th, 2012	funkygoddessirl @GirlFridayEire Gosh interesting Q #WISEparent We try to help Teens thus starting from 8 + to encourage communication & promote self worth
9:01 PM Sep 11th, 2012	valmullally 2nd 'leg' self esteem stool = Belonging. Sometimes our kids make comments like 'I don't have any friends.' #WISEparent
9:02 PM Sep 11th, 2012	CompetentKids @GirlFridayEire We put so much stock into our thoughts..that running commentary that goes through our minds #WISEParent
9:02 PM Sep 11th, 2012	funkygoddessirl @Therealsupermum join in #WISEparent tweet chat discussing Teen suicide prevention on at the moment



9:02 PM Sep 11th, 2012	funkygoddessirl @YouarelovedTSS join in #WISEparent tweet chat discussing Teen suicide prevention in honor of suicide prevention week. On now
9:02 PM Sep 11th, 2012	GirlFridayEire Anyone have any Q's about parenting? Great Tweet Chat to 9.30pm on #WISEparent - great advice, ask your questions freely, see you there !
9:03 PM Sep 11th, 2012	GirlFridayEire Yes @CompetentKids do the thoughts control us or do we control our thoughts? #WISEparent
9:03 PM Sep 11th, 2012	<u>CompetentKids</u> @GirlFridayEire It's not about whether the thts are true or not, if they make us uncomfortable, choose to set aside <u>#WISEparent</u>
9:03 PM Sep 11th, 2012	valmullally We'll use term 'teens' here - & also pls recognise that self esteem issues arise with younger children #WISEparent
9:04 PM Sep 11th, 2012	amcmnm28 Suicide is a permanent solution to a temporary problem, it's not the answer no1 will think less of u 4 talkin bout how u feel #WISEparent
9:04 PM Sep 11th, 2012	CompetentKids @GirlFridayEire Good question. We often feel we are not in control of thts..they just "come" #WISEparent
9:04 PM Sep 11th, 2012	GirlFridayEire And self-esteem a huge issue for adults too..... #WISEparent
9:04 PM Sep 11th, 2012	PietaHouse Tweetchat re young people's mental health and wellbeing ongoing - join in with hashtag #WISEparent
9:04 PM Sep 11th, 2012	TalentCoop #wiseparent We've produced this educational package for teachers to use with teens http://t.co/8Fp7U7BT
9:04 PM Sep 11th, 2012	valmullally @CompetentKids what helps when parent's 'running commentary in head' is negative? #WISEparent
9:05 PM Sep 11th, 2012	CompetentKids @GirlFridayEire But in fact if we become aware of those thts, notice them, see them as just thts, we can relax some. #WISEparent
9:05 PM Sep 11th, 2012	CompetentKids @GirlFridayEire WE can choose to focus on them, or to let them "float down the stream" #WISEparent
9:05 PM Sep 11th, 2012	funkygoddessirl @GirlFridayEire Absolutely!! #WISEparent
9:05 PM Sep 11th, 2012	funkygoddessirl @Psychuk Nicola join us on #WISEparent tweet chat on now all about preventing teen suicide in honor of suicide prevention week.
9:06 PM Sep 11th, 2012	CompetentKids @amcmnm28 Absolutely! Should be shared..thts of suicide can be talked about #WISEparent
9:06 PM Sep 11th, 2012	GirlFridayEire @TalentCoop Great link, maybe if depression is talked about at earlier age then people will be more aware of the affects? #WISEparent
9:07 PM Sep 11th, 2012	GirlFridayEire @CompetentKids - love that analogy, am going to visualise mine floating off every time! #WISEparent
9:07 PM Sep 11th, 2012	yummynom my only tweet to #WISEparent is please don't think it's just teens. my first suicide attempt was at 11/12 &it went unnoticed so beware!
9:07 PM Sep 11th, 2012	<u>valmullally</u> Q2: WE all need sense of connection. What thoughts re: how to support teen re: 'I belong' ? <u>#WISEparent</u>
9:08 PM Sep 11th, 2012	CompetentKids Here's a lovely poem with video: http://t.co/AhLcoUGI Lost, David Wagoner #WISEparent
9:09 PM Sep 11th, 2012	GirlFridayEire @yummynom thank you for being so honest, I hope life is good for you now, please share what you were feeling if you are able to #WISEparent
9:10 PM Sep 11th, 2012	funkygoddessirl Self harming is very common and a sign to look out for #WISEparent



9:10 PM Sep 11th, 2012	TalentCoop @GirlFridayEire thanks a million, we want parents and teachers to use this to inform and ultimately protect our young people. #wiseparent
9:10 PM Sep 11th, 2012	CompetentKids Q2 Belonging so important and often teens feel lost. First, believe them #WISEparent
9:10 PM Sep 11th, 2012	valmullally I love this catchy song 'Hey you're okay' http://t.co/KLTUNfOx #WISEparent
9:11 PM Sep 11th, 2012	GirlFridayEire @CompetentKids yes - very important, child needs to be heard so they feel safe to express their feelings honestly? #WISEparent
9:11 PM Sep 11th, 2012	GirlFridayEire @TalentCoop - depression affects every community, knowledge is power and it takes a village to raise a child so all info v good #WISEparent
9:11 PM Sep 11th, 2012	TalentCoop #wiseparent we also created a 'carry the card' - we'd like everyone to download and carry it
9:11 PM Sep 11th, 2012	TheRealSupermum I was 13 when I first attempted suicide, teachers need to learn childhood depression symptoms #WISEparent
9:11 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum thank you for your honesty too, this is so important, please share some insights if you feel able to.... #WISEparent
9:12 PM Sep 11th, 2012	CompetentKids Q2 If they say they don't "fit in" resist the urge to reassure them. First, just mirror #WISEparent
9:12 PM Sep 11th, 2012	GirlFridayEire @TalentCoop please can you tweet the link - sounds like a very good idea! #WISEparent
9:12 PM Sep 11th, 2012	Marie_Doon @TalentCoop Tell us more and give a link please. #WISEparent
9:12 PM Sep 11th, 2012	Meetmums As a mother of a toddler I want to be ready for when teens hit so he knows he can always count on me whatever he's going thru #WISEparent
9:12 PM Sep 11th, 2012	TheRealSupermum Doctors need to stop blaming hormones and accept that childhood depression exists and is common #WISEparent
9:12 PM Sep 11th, 2012	valmullally Q3 Re children / teens feeling suicidal. What do you think a child most needs from parent? #WISEparent
9:13 PM Sep 11th, 2012	CompetentKids U mit say, "You feel you don't fit in...Must feel lonely. #WISEparent
9:13 PM Sep 11th, 2012	TheRealSupermum @yumminom I had just turned 13 when I attempted suicide depression started at the age of 10, went un noticed #WISEparent
9:13 PM Sep 11th, 2012	funkygoddessirl @TheRealSupermum Thanks for popping by #WISEparent
9:13 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum - so very true, hormones may have a role but overall mental health is still so important to look at #WISEparent
9:14 PM Sep 11th, 2012	valmullally Very often we try to rush in to 'fix' things. Teen / child needs his/her experience acknowledged #WISEparent
9:14 PM Sep 11th, 2012	TalentCoop #wiseparent You'd think so but 2 national educational groups, have been contacted by phone & email providing info without courtesy of reply
9:14 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum do you know what started the depression? #WISEparent
9:15 PM Sep 11th, 2012	CompetentKids Q3 Teens need to know parent will listen, hear them, ask what they need most #WISEparent
9:15 PM Sep 11th, 2012	GirlFridayEire @TalentCoop ... why am I not surprised ? Please tweet link and send to local doctor's surgery too, very interested in this. #WISEparent
9:16 PM Sep 11th, 2012	amcmnm28 Pls if ur feelin down n don't tink there's away out, talk 2 sum1 takin ur life isn't the answer no1 will b better of wit out u #WISEparent



9:16 PM Sep 11th, 2012	TheRealSupermum Parents of depressed children MUST be given support & listened too not brushed off #WISEparent took me 4 attempts to get a GP to refer
9:16 PM Sep 11th, 2012	darshansprit Parents need to help children identify feelings and then be open enough to hear them. Thank you for the gift of your stories #WISEparent
9:16 PM Sep 11th, 2012	GirlFridayEire @CompetentKids - it is OK to not know the answers and find a solution together? #WISEparent
9:16 PM Sep 11th, 2012	Meetmums A3: child needs to know he can express his feelings, thoughts, no matter how bad they are, he is going to be listened to #WISEparent
9:16 PM Sep 11th, 2012	TalentCoop @Marie_Doon #wiseparent - with pleasure. website http://t.co/sVNQmMoP - see play your part
9:17 PM Sep 11th, 2012	CompetentKids Q3 If Life seems overwhelming, mirror this. Ask, Is there any part of life that is not overwhelming? What part is that? #WISEParent
9:18 PM Sep 11th, 2012	CompetentKids @amcmnm28 Absolutely! #WISEParent
9:18 PM Sep 11th, 2012	CompetentKids Q3 Feelings are not permanent #WISEParent
9:18 PM Sep 11th, 2012	Marie_Doon @TalentCoop Thanks. Will check it out later. Staying with chat for now. Busy here! #WISEparent
9:18 PM Sep 11th, 2012	TalentCoop #wiseparent Carry the card link http://t.co/jYF2wYp0
9:19 PM Sep 11th, 2012	CompetentKids Book Recommendation: Everyday Blessings, by Myra and Jon Kabat-Zinn, speaks to acceptance, mindfulness #WISEParent
9:19 PM Sep 11th, 2012	TalentCoop #wiseparent http://t.co/8Fp7U7BT educational programme
9:20 PM Sep 11th, 2012	CompetentKids @amcmnm28 Yes, depression is real among teens and on the increase, at least in the US #WISEParent
9:20 PM Sep 11th, 2012	funkygoddessirl @healthpsychuk Hi if you are on twitter come and join us for #WISEparent tweetchat on now
9:20 PM Sep 11th, 2012	GirlFridayEire @emistacey well done for persevering, we are in charge of our own health, doctors don't always know it all ! #WISEparent
9:20 PM Sep 11th, 2012	GirlFridayEire This world is a better place because you are in it. xxxx #WISEparent
9:20 PM Sep 11th, 2012	TalentCoop #wiseparent Connells's story http://t.co/i4CzEpeU
9:20 PM Sep 11th, 2012	valmullally @yumynom @TheRealSupermum thx for sharing ur experience. What would that 'younger you' want to say to parents ? #WISEparent
9:21 PM Sep 11th, 2012	TheRealSupermum Teen depression can lead to so many other problems too, self-harming, drug & alcohol abuse if not treated #WISEparent
9:21 PM Sep 11th, 2012	yumynom @TheRealSupermum I hope majority of parents would notice, I was in a terrible situation. If you doubt a child is ok just ASK #WISEparent
9:22 PM Sep 11th, 2012	GirlFridayEire @yumynom did you have anyone you could talk to outside family environment? #WISEparent
9:22 PM Sep 11th, 2012	valmullally Third leg of self esteem 'stool' is sense of worth. Some tweets already about this thx. #WISEparent
9:23 PM Sep 11th, 2012	valmullally Only 8 minutes to go. Pls share some encouragement / hope / resources for parents / teens #WISEparent
9:23 PM Sep 11th, 2012	GirlFridayEire How does a child perceive worth? #WISEparent



9:24 PM Sep 11th, 2012	yummynom @GirlFridayEire life is amazing now, glad I failed. at the time I had no hope& wanted to escape the mess of a situation I was in. #WISEparent
9:25 PM Sep 11th, 2012	amcmnm28 @CompetentKids ppl r put under so much pressure now days, there should more done bout bullying and feelings in schools 2 #WISEparent
9:25 PM Sep 11th, 2012	GirlFridayEire Please see this link http://t.co/ybsP4MvD - Childhood Depression; I Was 13 When I Attempted Suicide ! #WISEparent
9:25 PM Sep 11th, 2012	TalentCoop @TheRealSupermum yes it can and it can escalate quickly, leaving parents and child out of control #wiseparent
9:26 PM Sep 11th, 2012	CompetentKids Parents: Who knew what a huge job this would be? You are not alone, meet with other parents, share concerns #WISEparent
9:26 PM Sep 11th, 2012	GirlFridayEire @amcmnm28 so true, bullying I am sure will be in the mix that causes depression and worse #WISEparent
9:26 PM Sep 11th, 2012	GirlFridayEire @yummynom - Escape, that's interesting as many addicts have gone down the same path, for a child though options limited #WISEparent
9:26 PM Sep 11th, 2012	valmullally @yummynom so many need their experience acknowledged & to hear 'This too shall pass.' #WISEparent
9:27 PM Sep 11th, 2012	CompetentKids @darshansprit Yes! Give yourselves credit for all that you do. No one does it perfectly! #WISEparent
9:27 PM Sep 11th, 2012	CompetentKids Parents deserve a big hug #WISEparent
9:27 PM Sep 11th, 2012	funkygoddessirl There's always hope. e.g. there is no such thing as a hopeless alcoholic, drug addict or self-harmer. Have seen friends get well #WISEparent
9:27 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum - pills are prescribed so readily, life style changes can do so much too for depression, holistic approach #WISEparent
9:28 PM Sep 11th, 2012	CompetentKids Excellent book: Self-Compassion, by Kristen Neff. Learn to see yourself with compassion, patience, love #WISEparent
9:28 PM Sep 11th, 2012	GirlFridayEire @valmullally - my dad was always one 2 tell me 'everything will be all right' now my husband is that guy - everyone needs a rock #WISEparent
9:28 PM Sep 11th, 2012	TheRealSupermum @TalentCoop I self harmed and took drugs and drank at the ages of 12-15 to mask over depression #WISEparent
9:28 PM Sep 11th, 2012	yummynom @valmullally @TheRealSupermum #WISEparent act like a parent, if you can't handle the situation find some one who can
9:29 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum - I have a theory about nature and depression, my therapy is hiking or riding, does it for me every time! #WISEparent
9:29 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum - my sister was a heroine addict, seeing her through detox was a huge education, in a much better place now #WISEparent
9:30 PM Sep 11th, 2012	CompetentKids Thanks to all. #WISEparent
9:30 PM Sep 11th, 2012	funkygoddessirl Remember 'This too shall pass' #WISEparent as @Valmullally said
9:30 PM Sep 11th, 2012	TalentCoop #wiseparent this suicide of a lovely 17 year old was bravely told in our award winning video by her sister http://t.co/CFJw4hOw
9:30 PM Sep 11th, 2012	yummynom @GirlFridayEire looking back now, realistically yes I was lucky there would have been, but I had too much fear #WISEparent



9:31 PM Sep 11th, 2012	TheRealSupermum @GirlFridayEire yes get a group of teens together in fun groups and do group therapy outdoors let them see they are not alone #WISEparent
9:31 PM Sep 11th, 2012	valmullally Thx again. If u have an encouraging quote / thought pls tweet before u sign off #WISEparent
9:32 PM Sep 11th, 2012	amcmnm28 I no the chat is bout teens but the majority of ppl I no who took their own life have been 28-35 all ages need 2 open up n talk #WISEparent
9:32 PM Sep 11th, 2012	valmullally 'The morning will surely come, the darkness, will vanish.' - Rabindarnath Tagore #WISEparent
9:33 PM Sep 11th, 2012	Meetmums It really does take a village to raise a child and this is whats wrong with today's world. People find themselves alone #WISEparent
9:34 PM Sep 11th, 2012	amcmnm28 @GirlFridayEire I no and it's sad cos I don't think kids realise how what they say effects others they need 2b educated bout it #WISEparent
9:34 PM Sep 11th, 2012	GirlFridayEire @Meetmums in a world of huge communication tools it's kind of mad isn't it? #WISEparent
9:34 PM Sep 11th, 2012	GirlFridayEire My friend's brother took own life at 14, a book - Many Lives, Many Masters made sense to her, find it here http://t.co/Pc5tn7A8 #WISEparent
9:34 PM Sep 11th, 2012	TalentCoop @TheRealSupermum can understand that, sometimes it's seen as awkward kid, just a teenager not the reality which is sick kid xx #wiseparent
9:34 PM Sep 11th, 2012	valmullally & pls remember donations for the sterling work of @Pieta House gladly accepted http://t.co/3VtspTh3 #WISEparent
9:34 PM Sep 11th, 2012	valmullally @PietaHouse My pleasure. Thx to all - and every blessing #WISEparent
9:34 PM Sep 11th, 2012	yummynom @valmullally I never thought it was going to pass, the only thing I clung to was leaving home once I could. Never looked back. #WISEparent
9:35 PM Sep 11th, 2012	GirlFridayEire @amcmnm28 - we had friend in his 60's last week, most popular guy in town, so many friends, so alone #WISEparent
9:35 PM Sep 11th, 2012	GirlFridayEire @amcmnm28 empathy is lacking ... and it's not just the kids #WISEparent
9:36 PM Sep 11th, 2012	funkygoddessirl Well done to you @Valmullally and @GirlfridayEire and @Pietahouse for organising #WISEparent
9:36 PM Sep 11th, 2012	mauradonohoe @TalentCoop #wiseparent I apologise for the pretty poor English in that piece. Just re-read it - Best wishes everyone. x
9:36 PM Sep 11th, 2012	TalentCoop #wiseparent we've also created a great resource bank - please feel free to check it out http://t.co/9K7id4s6
9:37 PM Sep 11th, 2012	Meetmums @GirlFridayEire Yes it is a huge contradiction. Plenty of digital ways of communication but we are loosing the physical one, #WISEparent
9:37 PM Sep 11th, 2012	TheRealSupermum Depressed Teens often lock themselves away and these days turn to the internet for an escape from reality #WISEparent
9:38 PM Sep 11th, 2012	valmullally @yummynom so glad u shared with us - and that you had the courage to SURVIVE! We need to help children to thrive #WISEparent
9:39 PM Sep 11th, 2012	TheRealSupermum My eating disorder also began due to childhood depression #WISEparent
9:40 PM Sep 11th, 2012	GirlFridayEire I am so touched by the honesty being shown here tonight, thank you so much #WISEparent



9:41 PM Sep 11th, 2012	yummynom @valmullally my pleasure #WISEparent if anyone has any questions just ask for a follow so you can DM if you like.
9:43 PM Sep 11th, 2012	KilkennyFashion @funkygoddessirl @valmullally @girlfridayeire @pietahouse just reading back. Thank you to all who shared. This does help! #WISEparent
9:43 PM Sep 11th, 2012	mauradonohoe Great #hashtag / discussion ye all have going there - take care :) #wiseparent @GirlFridayEire @TalentCoop
9:43 PM Sep 11th, 2012	TheRealSupermum I was seen as an "attention seeker" child when I cut my wrists open - it was only when I took 250 pills did they take notice #WISEparent
9:45 PM Sep 11th, 2012	GirlFridayEire @TheRealSupermum we treated my sister the same way, hindsight is so clear - happy now but had her problems with self esteem #WISEparent
9:47 PM Sep 11th, 2012	GirlFridayEire In-order to show up in Transcript you must use #WISEparent otherwise we won't see your tweets - please repost tweets if needed #WISEparent
9:47 PM Sep 11th, 2012	TalentCoop @mauradonohoe @GirlFridayEire Maura you too and thanks again x #wiseparent
9:50 PM Sep 11th, 2012	valmullally via @TheRealSupermum @yummynom Take notice, listen, be there, hug me and make me feel I am not so alone #WISEparent
9:51 PM Sep 11th, 2012	TalentCoop @valmullally @PietaHouse #wiseparent @pietahouse are complete heros, long may they continue to thrive and help others #earthangels
9:52 PM Sep 11th, 2012	MumsMore "@TalentCoop: #wiseparent suicide of 17 year old was bravely told in award winning video by her sister http://t.co/ssBucv84 ">@_LisaCherry
9:53 PM Sep 11th, 2012	MumsMore "@TheRealSupermum: Depressed Teens often lock themselves away and turn to the internet for an escape from reality #WISEparent">@_LisaCherry
9:53 PM Sep 11th, 2012	valmullally So appreciate ur affirmation @TalentCoop @PietaHouse #WISEparent
9:55 PM Sep 11th, 2012	ivormc #WISEparent Children must be taught from early age that *everything* can be talked through. No secrets. No guilt. No judgement. Just love.
9:56 PM Sep 11th, 2012	TalentCoop @MumsMore @TheRealSupermum @_LisaCherry yes thats why we want teachers to use this to help them http://t.co/8Fp7U7BT #wiseparent
9:56 PM Sep 11th, 2012	TalentCoop @MumsMore @TheRealSupermum @_LisaCherry yes that's why we want teachers to use this to help them http://t.co/8Fp7U7BT #wiseparent
9:57 PM Sep 11th, 2012	TalentCoop @valmullally @PietaHouse you're most welcome. #wiseparent
9:58 PM Sep 11th, 2012	TalentCoop @TheRealSupermum kids need to be able to talk , depression makes award winning actors #wiseparent

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