

Mum's prevention plan to save suicidal teenagers

CAIRNS mother Ruth Crouch has pleaded with other parents to not dismiss bad moods and depression as simply normal teenage behaviour.

Her son Declan would have celebrated his 15th birthday today but tragically took his own life last year.

Mrs Crouch said she hopes to prevent the same tragedy happening to other families.

In conjunction with National Youth Week, Mrs Crouch will officially launch The Declan Crouch Fund and the FNQ Suicide Prevention Facebook Page at the Cairns City Library on April 19.

The Declan Crouch Fund wants to raise \$75,000 in its first year, with all proceeds to go towards suicide prevention in the Far North.

Mrs Crouch said it was important to release the personal and public feelings of shame surrounding suicide to



Determined: Ruth Crouch.

help recognise the early warning signs.

"Declan's friends, the few he told, said he felt ashamed about feeling suicidal," she said.

"I would just say (to parents) look at my experience and take everything seriously. If you don't, you have a lot to lose."

»» For urgent help, call Lifeline 13 11 14.