

How to help suicidal mom Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

Dear Annie: My parents are getting divorced after 22 years of marriage, and it seems to be strongly affecting my mother in a terribly negative way.

Mom has told me that she has contemplated suicide twice. Once, she even held my brother's gun to her head. Everyone in the family, including my grandmother, my aunts and even my boyfriend, thinks Mom needs counseling.

So how do I suggest it without making her think I'm calling her "crazy"? And another problem is the cost. Mom may refuse to go because it's too expensive. Do you have any suggestions that may help? — *Concerned Daughter*

Dear Daughter: All mentions of suicide should be taken seriously. You are right that your mother could benefit from professional help, and it doesn't need to be expensive. Tell her you are worried about her and it might help if she talks to someone about her feelings.

Free and low-cost help is available through local churches, graduate school counseling departments, medical school psychology departments, United Way, the YMCA, the YWCA, The Samaritan Institute (samaritaninstitute.org), NAMI (nami.org) and the National Suicide

Annie's Mailbox

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Prevention Lifeline (suicidepreventionhotline.org), and through support groups such as the Depression and Bipolar Support Alliance (db-salliance.org) and Recovery International (lowselfhelpsystems.org). Do a little research on her behalf and make a suggestion, including a website or phone number, so she can get the help she needs. You could even offer to go with her.

Dear Annie: We recently hired a young woman at our business. Like many other 20-somethings, she doesn't understand personal boundaries. May I use your column to give her some advice?

Dear Miss New Hire: Welcome to our company. You got the job over five other highly qualified candidates, which means you are both smart and lucky, but you still have a lot to learn. If you work hard here, you can go far.

Let me tell you a couple of secrets: You are no longer in college. Standards may have changed, but it is still not acceptable to bring all of your problems into the office and discuss them at length. Twenty minutes complaining about your roommate is excessive. So is another 20 minutes on your boyfriend's ex, your sister's drinking, your mother's bodily functions and who you slept with last night. Not only are you wasting time, but you are disturbing others. And they will repeat everything you say to everyone they know — including your boss.

You would be so much better off asking questions and learning the workflow and the purpose of procedures. You are the only one who can make your career path a good one. Start now. Look down the road to where you want to be. If your path continues as it is, I give you six months here. — *W.A.*

Dear W.A.: Thank you for your honesty. Over-sharing is common, and not only with 20-somethings. Too many people display their entire lives in front of the world and believe this is normal and acceptable. They do not understand the concept of privacy. We hope it will make a comeback soon.

ARIES (March 21-April 19). The good conversational habits you've developed through the years will help you now. This is why people like you and have such an easy feeling about hanging out with you.

TAURUS (April 20-May 20). Huge projects have simple beginnings. You will find everything you need as you go, including the people who can help you find your way. So don't worry if you feel you are starting from nothing.

GEMINI (May 21-June 21). Love is letting people be who they want to be instead of demanding that they be someone who satisfies you. You feel the most love for the person who seems to appreciate you just as you are.

CANCER (June 22-July 22). Your self-judgment is too harsh. Don't expect yourself to be exactly the person you want to be. The way you are is imperfectly perfect. Embrace your contradictions, and other people will, too.

LEO (July 23-Aug. 22). There are complainers everywhere. The effective people don't waste time talking about what's not going right. They are too busy doing something to improve conditions.

VIRGO (Aug. 23-Sept. 22). Social awkwardness is a blessing in disguise. If you aren't easily fitting in, create your own niche. What does the group need that you would like to provide? Give it some thought.

LIBRA (Sept. 23-Oct. 23). Diversity makes life interesting, and you're not the least bit threatened by people who are very different from you. It will be refreshing to learn the intricacies of another person's lifestyle.

SCORPIO (Oct. 24-Nov. 21). Music will make life more enjoyable, but only if it's the music of your choosing. Listening to another person's choices will be irritating. Take control of your soundscape.

SAGITTARIUS (Nov. 22-Dec. 21). Any change, even a positive one, brings uncertainty with it. You'll handle exciting developments with spiritual poise when you allow for a period of adjustment. Go easy.

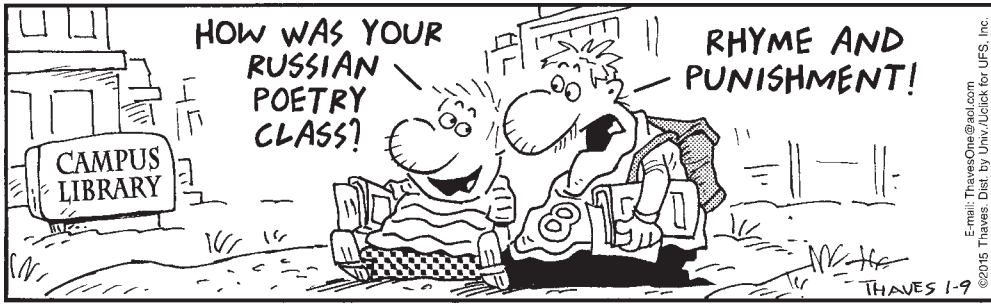
CAPRICORN (Dec. 22-Jan. 19). The muses will be with you all day. Use the inspiration to create something beautiful, useful, clever or necessary. Tonight, someone's quiet suggestion to you will have billboard-sign impact.

AQUARIUS (Jan. 20-Feb. 18). You never show up to life expecting to have fun. You show up to be the fun. That's why the fun follows you wherever you go this weekend. You'll be especially charming amidst a small group of four or five friends.

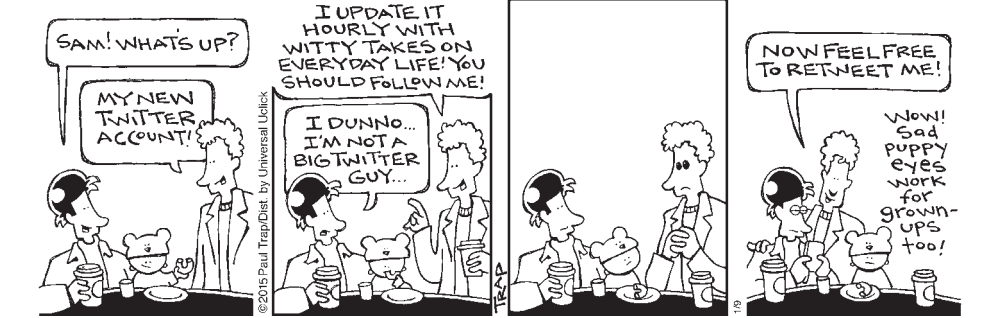
PISCES (Feb. 19-March 20). You're at your best when you feel secure in the relationship that matters most to you. This relationship will have ups and downs, but right now it is solid — something to appreciate and celebrate!

SATURDAY'S BIRTHDAY (Jan. 10). Release the past. By this time next year, you'll have made a complete transformation. You'll negotiate a fantastic deal in the next seven weeks. February brings excitement to your love life. Cheery changes to your home happen in April. June begins a training that will go on in some form for years. Aquarius and Virgo people adore you. Your lucky numbers are: 41, 23, 49, 1 and 17.

FRANK AND ERNEST



THATABABY



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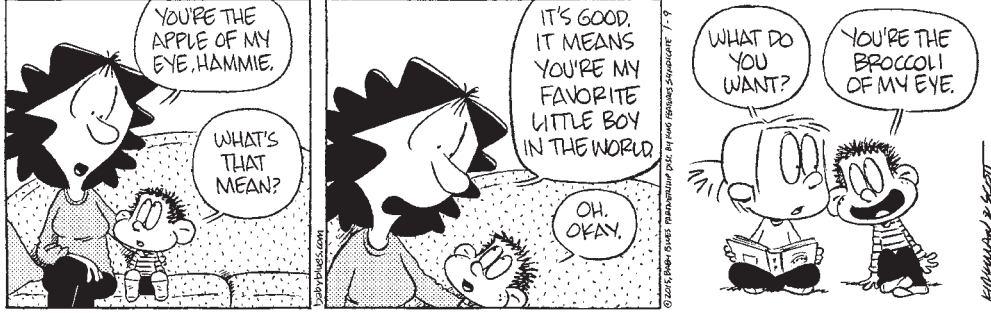
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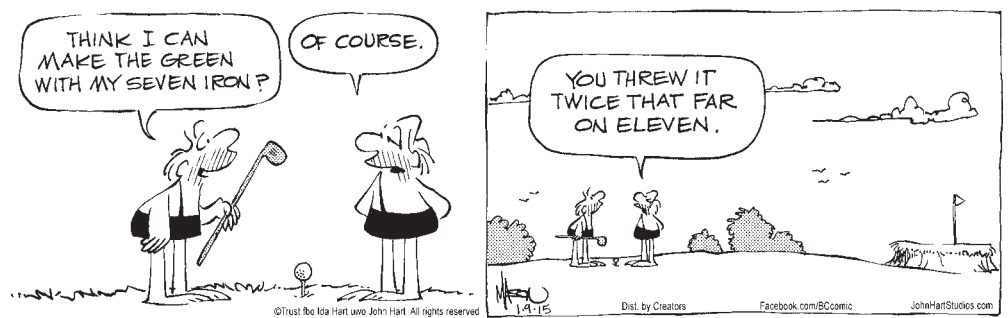
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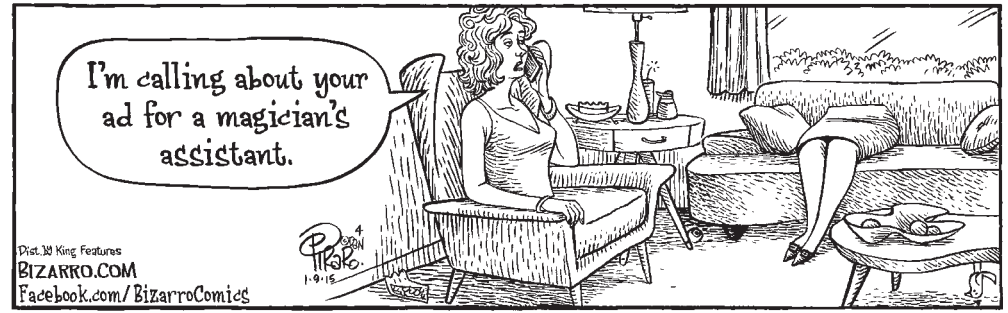
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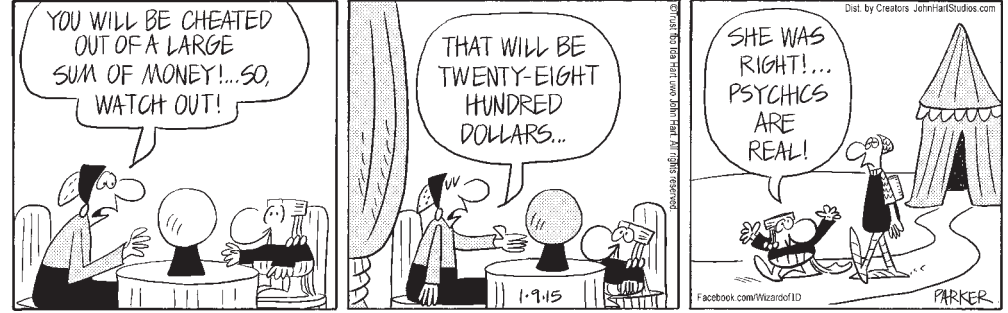
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