**Suicide Prevention -Hope When Life Seems Hopeless - Stages of Potential Suicide –pt3**

***“I just want to die. ...”*** These **five words** reveal a soul mired in the depths of despair. All hope is gone ... and all too soon, so is life itself. No group is exempt from wanting to walk down this **dark path of *“escape.”*** Most people contemplating suicide **don’t really want to die**—***they just want the pain to stop***. Their **burden** seems **too heavy** to bear. If you’re **Struggling** ... if you’re **Desperate** ... if you’re **Contemplating taking your life**, realize this: The Lord longs to heal your heart and restore your hope. In absolute honesty, **go to God about your Pain**. Say to Him ...

*“I am in pain and distress; may your salvation, O God, protect me.”-***Psalm 69:29**

**What Is the Path of Potential Suicide?**

**The psalmist, who clearly understood tragedy and despair, wrote these graphic words. ...**

*“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” -*[**Psalm 42:11**](http://www.crossbooks.com/verse.asp?ref=Ps+42%3A11)

**3 Stages of Potential Suicide**

**#1 Downcast: Early Stage**

* Dejection
* Avoidance of family
* Anxiety
* Boredom
* Change in eating and sleeping habits
* Decline in work or school performance
* Inability to concentrate or make decisions
* Lack of interest in the future

*“I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.” -***Lamentations 3:19–20**

**#2 Distressed: Advanced Stage**

* Depression
* Rapid mood swings
* Self-pity
* Either apathy or anger
* Withdrawal from family and friends
* Physical problems, self-injury, anorexia
* Excessive absences from work or school
* Neglect of personal appearance

*“Trouble and distress have come upon me ... . Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.”*

**Psalm 119:143; Psalm 31:9**

**#3 Despairing: Danger Stage**

* Hopelessness
* Deep remorse
* Abusing alcohol (30% of suicides involve alcohol) /drugs /people /possessions
* Isolation or morose behavior
* Giving away personal possessions
* Suicidal threats or previous attempts
* Organizing personal affairs: making a will, paying off debts
* Sudden change from depression to cheerfulness (*being at peace with the decision of suicide*)

*“The cords of the grave coiled around me; the snares of death confronted me.” -***2 Sam 22:6**

**Note: *If you are experiencing any of these physical or emotional problems, be sure to consult your health care professional.***