

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

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.