

Suicide Prevention

“Hope When Life Seems Hopeless”

Pt 2



Facts and Fables -
pt1

Sometimes Life Seems Hopeless

“I just want to die..”

- This **Aching Admission** has been spoken too many times—and with **Tragic Results**.
- 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.” **Male and female ... young and old ... rich and poor** —all are found among these fatal statistics. Yet 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.” -Ps 69:29*

Sometimes Life Seems

Hopeless

- Does life seem impossible? For over a 1 mill. people yearly who die of suicide, the answer is **yes!** And that figure is *more than all the casualties of homicide and war combined!*
- Think about this statistic—seriously: On average, one person dies by suicide every 40 seconds somewhere in the world, while up to 20 others are attempting the same act. That's an extraordinary number of people desperately choosing death!
- Have your desires been dashed by the pain of depression and despair? Have your hopes been smashed by hurt and heartache? Have you searched without success for a lasting solution?
- Honestly, are you struggling with thoughts of suicide? Have you begun to believe the lie that self-inflicted death would be better than God-given life?
- Realize, the Lord looks upon you with tender compassion/ genuine concern. He cares about your every need. You can learn how to experience the meaningful life He has planned for you. He has a perfect plan for you ... to free you from the shackles of suicidal thinking ... based on truth, not on lies. Jesus desires to free you from destructive thoughts and choices.
- *“You will know the truth, and the truth will set you free.”* -John 8:32

Suicide

Just to hear the word *suicide* evokes a myriad of feelings: shock, sadness, guilt, grief.

▪The initial response after suicide is often: *Oh no! Why would anyone resort to such an irreversible act?*

▪We feel a sense of tragic loss when we discover that suicide has snuffed out one more life ... forever. To help someone fight the persistent desire to “end it all” (a desire called suicidal ideation), there is much we need to understand about suicide. Since God is our Creator, we need to know God’s heart on life and death—and that means *our own life and death*. Throughout the Bible, life and death are presented in different contexts ... but never does God say we are to pursue death. ...

“I have set before you life and death Now choose life, so that you and your children may live.” -
Deuteronomy 30:19

What Are Some Facts and Fables about Suicide?

•What you believe about Suicide is Critical. Your thoughts about suicide will shape your response. You need wisdom to discern what is false and what is true about self-imposed death. The wisdom of God's Word will help you know how to have the right response. ...

•*“The teaching of the wise is a fountain of life, turning a man from the snares of death.” -Proverbs 13:14*

•#1 Fable: *“Never talk about suicide with deeply depressed people—it could give them ideas.”*

•Fact: Asking about what someone is feeling doesn't create suicidal thoughts. You can Assume that most depressed or very anxious people have given some thought to taking their lives. Demystify the subject by talking about suicide.

Ask questions such as:

- ***“What do you think about suicide?”***
- ***“Do your friends talk about it?”***
- ***“Do you know anyone who has died of suicide?”***
- ***“Would you ever take your own life?”***

•For a person considering suicide, having someone to talk with can be a powerful preventive. The Bible says ...

•*“The wise in heart are called discerning, and pleasant words promote instruction” -Proverbs 16:21*

•Another Great Question is...

If you ever consider Suicide...

...would you promise to call me first?

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#1 Fable: *“Never talk about suicide with deeply depressed people—it could give them ideas.”*

#2 Fable: *“People who talk about killing themselves never do it.”*

•Fact: Of those who took their own lives, approximately 75% gave clues or warnings to friends or family. Take any threat of suicide seriously. Someone who talks about suicide gives others the opportunity to intervene. God’s Word says ...

“Be completely humble /gentle; be patient, bearing w- one another in love”
-Ephesians 4:2

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#1 Fable: *“Never talk about suicide with deeply depressed people—it could give them ideas.”*

#2 Fable: *“People who talk about killing themselves never do it.”*

#3 Fable: *“More suicides occur during the winter holidays.”*

•Fact: This is a long-standing myth; however, suicides are actually lowest in December. In general:

- Suicide rates are below average in the winter/ above average in the spring, peaking in April.

- For youth, suicide rates are higher in the summer.

- For middle-aged adults age 36 and up, suicide rates rise again in the fall.

•In general, suicide risks decrease as social interactions increase.

Becoming aware of the most frequent occurrences of suicide will help you discern when a struggler is at risk.

•“The heart of the discerning acquires knowledge; the ears of the wise seek it out” -Proverbs 18:15

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•**#4 Fable:** *“Talking about the method of someone’s suicide with all the gory details and the emotional impact on loved ones will help prevent others from committing suicide.”*

•**Fact:** Presenting precise details of a suicide, including the heartbreaking reaction of the family, can spark an explosion of copycat suicides. Most people in the media and school officials have learned that suicide can be contagious; therefore, they curtail details of *what* happened and instead focus on why it happened as a preventative. “Suicide contagion” refers to suicidal behavior on the part of vulnerable people who can be easily influenced to commit suicide because of a previous attempt or another’s death. The Bible often gives warning about the misuse of our words. ...

•*“There is ... a time to be silent and a time to speak”* -**Ecclesiastes 3:1, 7**

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•#5 Fable: *“Everyone who commits suicide is mentally ill.”*

•Fact: No, not everyone. Of those who kill themselves, approximately 90% are afflicted with a diagnosable psychiatric disorder. However, look at the life of Elijah ... he was terrified and wanted to die. ...

“Elijah was afraid and ran for his life. ... [He] prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life’” -1 Kings 19:3–4