

Suicide Prevention

“Hope When Life Seems Hopeless”

Pt 3



**Path of Potential
Suicide**

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.”
- 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.” -Psalm 69:29*

What Is the Path of Potential Suicide?

• **Every sheep needs a shepherd.** ... It's a life-and-death matter. When a sheep crosses a stream, if its wool coat becomes saturated with water, the top-heavy sheep topples over. The sheep is said to be **“cast down”**. Without the aid of a shepherd, this **sheep literally cannot stand up**. Soon the **sheep will die**.

• If you become so heavy-laden that you **fall with the weight** you are **carrying**, you too **need the Shepherd** -you need a strong hand to help you up -for it, too, could be a matter of life or death for you. 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

Be Aware of the 3 Stages of being “Cast Down”

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.” -Lam 3:19–20

3 Stages of Potential Suicide

#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 Stages of Potential Suicide

#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

Warning

Signs of Suicide

- 1. Depression.** Before someone decides to commit suicide, they will usually be feeling several different emotions. These will include things like sadness, hopelessness, and anxiety. Depression will most often include a loss of interest in life and the things that are happening around someone. Major depression, when caught on time, can be treated through medication and therapy.
- 2. Talking about dying.** Often times, those who are considering suicide will be thinking about different ways which they can kill themselves. They will move into telling one different ways in which they can die. They may also be thinking of ways in which someone else killed themselves.
- 3. Sleep patterns.** Those who are depressed and considering suicide may change their sleeping habits. This can range from them sleeping too much to not sleeping at all and being restless all of the time. Often times, one will move from a regular schedule to being hyperactive. They then may move into periods of sleeping for long periods of time.
- 4. Concentration.** A loss in concentration at work or in school as well as in extra-curricular activities may also occur. If you notice that someone is not putting as much effort into different areas of life as usual, then it can be a sign that they are depressed.
- 5. Eating habits.** Many times, those who are considering suicide will have a loss in appetite. If you aren't monitoring this part, be aware of sudden weight loss that may occur. At the same time, there may be some who will overeat as a result.

Warning

Signs of Suicide

- 6. Low self-esteem.** This is one of the major factors that play a part in one wanting to commit suicide. This will include feeling worthless and guilty. Hatred may also be a part of this, as they will seem to not like anyone.
- 7. Lack of goals.** Those who are contemplating suicide will have a disinterest in the idea of the future and different goals that they want to reach. They will also seem to not care about the present actions that are happening around them in relation to the future.
- 8. Making arrangements.** This may include several different things. Arranging for someone to take care of their animals or things is one sign of someone thinking about committing suicide. They may also begin giving away the things that seem to be important to them. Several will make out wills as well in order to make sure that things are taken care of after they are gone.
- 9. Loss of control.** This may include harming others, as well as harm towards them. This loss of control may also include outbursts of anger or sadness that happen without warning.
- 10. History.** It is also important to look at the events that are surrounding one's life in relation to them wanting to commit suicide. This may include the loss of someone who they loved. It may also include a lost job, relationship, money, friends or religion. These losses and agitations are one thing to look for in relation to suicide. If they willingly stop attending things as well, it may be a sign that they are losing their interest in life.