

Suicide Prevention

“Hope When Life Seems Hopeless”

Pt 5a



**Comforting Those
Left Behind -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.”
- 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*

How to Comfort Those Caught in the Aftermath

What We Say: through Our

- Actions,
- Responses,
- Words

can Help Lead a Survivor Through to Healing or
Fall Deeper into the Trap of Depression and Despair .
We Need to Be Aware of this Power and...

...Never Take it Lightly.

- **Sympathy** says, *“I’m sorry you’re hurt”*
- **Empathy** says, *“I’ll hurt with you”*
- **Compassion** says, *“I’ll stick with you until the hurt is gone”*

How to Comfort Those Caught in the Aftermath

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We All Need that Compassionate Friend when we’ve Lost a Loved One to Suicide

- **Those who Lost Family thru Suicide Feel more Pain than if of Natural Causes**
- **They can Feel Rejection, Abandonment/ Feel Responsible for the Suicide.**
 - **No one is exempt -It is a grief like no other.**
- **For those left behind, the Emotional Fallout from Suicide is More Devastating than most people could ever imagine. Few People Know How to Come Alongside and Comfort Those Who Suffer the Aftermath.**
- **Tormenting Emotions Cause Survivors to Spiral Through the Process of Grief, and their Haunting Question of “Why?” is Never Really Answered.**
 - **Survivors Experience ...A Grief Like No Other**

How to Comfort Those Caught in the Aftermath

A Grief Like No Other - As a Survivor, You Can Feel ...

- **Shock** ... *“This is a mistake. I saw her just a few hours ago.”*
- **Rejection** ... *“He thought death would be better than living with me!”*
- **Guilt** ... *“I should have done something to prevent this.”*
- **Anger** ... *“How could she do this to me?”*
- **Shame** ... *“What will I tell others?”*
- **Fear** ... *“I’m afraid of whatever is wrong with our family!”*
- **Sadness** ... *“I keep dreaming that I’ll be with him again.”*

As a Survivor, You Need to Know the Compassionate Promise of the Lord

- **He Hears Your Heartache/ Sees Your Tears. After a Period of Time ...**
“He heals the brokenhearted and binds up their wounds.” -Psa 147:3

How to Comfort Those Caught in the

Aftermath

A Friend Like No Other - As a Friend of the Survivor ...

- **Be Honest** ...*Express your own feelings of grief / confusion...*
..*Don't hide from the truth or be afraid to use the word suicide*
- **Be Present** ...*Be willing to just "be there"—your presence is enough!*
- **Be Listening** ...*Hear your friend's heart/ encourage them to express feelings*
- **Be Accepting** ...*Accept all the emotions, no matter how raw or offensive*
- **Be Nonjudgmental** ... *Refuse to pass judgment on the one who died of suicide or those who have survived. Trust in a compassionate God*
- **Be Forgiving** ...*Let the survivors see your heart of forgiveness. They may feel the need to confess / receive God's forgiveness, esp if experiencing guilt*
- **Be Spirit-led** ...*Be led by the Spirit. Trust Him to give you the appropriate words*
- **Be Prayerful** ...*Offer to pray if the survivor seems receptive. Commit to lifting the whole family up in your personal prayers*

How to Comfort Those Caught

in the Aftermath

A Friend Like No Other - As a Friend of the Survivor

- *“There is a friend who sticks closer than a brother” -Prov 18:24*

Discussing Suicide

Question: *“Is there a ‘better way’ to talk about suicide?”*

Answer: *Although many people speak of someone who “committed suicide,” the less judgmental, more sensitive term is speaking of one who “died of suicide.” Likewise, rather than a completed or successful suicide (which sounds too positive), the term “suicide death” is preferable. Pray for wisdom with your words. ...*

“Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning” -Prov 9:9