

SUICIDE

Suicide is not explained by any single cause, but instead a range of factors - beyond mental health conditions alone - including relationships, substance use, physical health, job, financial, and legal problems. Suicide prevention needs to be address though a robust, coordinated, multi-sector approach that **combines healthcare system efforts with community efforts**. Focusing suicide prevention efforts solely in healthcare settings in insufficient. *Centers for Disease Control and Prevention*

Information About Suicide

- 45,000 people died by suicide in 2016
- Suicide rates went up more than 30% in half of U.S. states since 1999
- 9/10 people who attempt suicide survive
- For every 1 person who dies by suicide, 278 seriously consider suicide and go on to live their lives - for individuals who do struggle with thoughts of suicide, the vast majority find the help they need

Centers for Disease Control and Prevention

Effective Strategies for Prevention

- Teach coping and problem-solving skills
- Establish more “connectedness”
- Safe storage of pills and guns

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5 Steps to Help Someone at Risk for Suicide

1. Ask if they are thinking about suicide
2. Keep them safe - remove lethal means
3. Be there - don't leave them alone
4. Help them connect
5. Follow up

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Suicide Warning Signs

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

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Risk Factors for Suicide

- Loss & other events (death, financial or legal difficulties, relationship breakup, bullying)
- Previous suicide attempts
- History of trauma or abuse
- Having firearms in the home
- Chronic physical illness, chronic pain
- Exposure to the suicidal behavior of others
- History of suicide in the family

American Psychiatric Association Foundation

The Issue	Problematic	Preferred
Language that represents suicide as a desirable outcome	“Successful suicide”	“Took their own life,” “Ended their own life,” “Died by suicide”
Phrases that associate suicide with crime or sin	“Commit suicide,” “Committed suicide”	“Died by suicide,” “Took their own life”
Language that glamorizes a suicide attempt	“Failed suicide,” “Suicide bid,” “Unsuccessful suicide”	“Made an attempt on his life,” “Suicide attempt,” “Non-fatal attempt”
Phrases that sensationalize suicide	“Suicide epidemic”	“Higher rates,” “Increasing rates,” “Concerning rates”
Gratuitous use of the word “suicide” out of context	“Suicide mission,” “Political suicide,” “Suicide pass”	Refrain from using the word “suicide” out of context

American Association of Suicidology

Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

Thoughts of suicide should always be taken seriously. A person who is actively suicidal is a psychiatric emergency. Call 911.

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Quotes by Kay and Rick

“Mental health is as much health as physical health.”

“It’s not a sin to be sick. Illness is illness.”

“You have to have hope to cope.”

“God wants to take your greatest pain and turn it into your greatest ministry. Your greatest ministry always comes out of your deepest pain.”

“Your illness is not your identity.”

“Your chemistry is not your character.”

“You may feel like the pain you are facing right now is a wall that is too high to scale, but on the other side of that wall is your future. Every great comeback first requires a setback. What you are going through right now is a season of your life, it is not the end of your life.”

“You are not alone. You might think, ‘I am the only one who feels this way,’ but you are not.”

“The moment you are able to say, ‘I tend to get depressed. I tend to get fearful. I tend to get angry. I tend to get confused and not know who I am,’ is the moment you are able to get control. If you can’t name it, it’s out of control in your life. The moment you share it with somebody is the moment of liberation.”

“You don’t have to believe everything you say to yourself. Just because you think something, doesn’t make it true. You lie to yourself more than you lie to anybody else. Whatever you resist, persists. If you start thinking, ‘I don’t want to be depressed. I don’t want to be depressed. I don’t want to be depressed.’ You’re focusing on your depression. Replace your thoughts instead of resisting them.”

“Pain is difficult to handle, but purposeless pain is more difficult to handle. When you ask, ‘Why am I in this pain?’ and do not see any purpose in it – it is hard to handle.”

“Ending the struggle can look more attractive than anything else; it can feel like the only way out of the pain. The dark moments come and go and do not last; the intensity can fade.”

“You can make the choice to get help. You have the choice to try one more time. You have the choice to get sober. You have a choice to take medication if necessary. You have a choice to feel your feelings. You have a choice to grieve. You have a choice to forgive those who have mistreated you, let you down or harmed you. You have a choice to nurture your mind. You have a choice to take care of your body – to eat well, sleep, rest, relax, and nurture your soul. You have a choice to stay alive. You have a choice to remain tethered to people, places, and things that make you want to stay.”

Verses

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10 (NIV)

I can do all this through him who gives me strength. Philippians 4:13 (NIV) [When it would be easier to let go, Christ can give you the strength to hold on until the intensity goes down. Hope can begin to grow again with the choice to stay. -Kay Warren]

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you. Isaiah 54:10 (NIV)

God remembered us when we were down, His love never quits. Psalm 136:23 (MSG)

In all their suffering he also suffered, and he personally rescued them. In his love and mercy he redeemed them. He lifted them up and carried them through all the years. Isaiah 63:9 (NLT)

There is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord. Romans 8:39 (GNT)

I give them eternal life, and they shall never perish; no one will snatch them out of my hand. John 10:28 (NIV)

Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:39 (NIV)