

SUICIDE

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

Information About Suicide

- 47,511 people died by suicide in 2019
- 1 death by suicide in the U.S. every 12 minutes
- 9/10 people who attempt suicide survive
- 2nd leading cause of death for ages 15-24 & 25-34
- 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

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Suicide Warning Signs

- Feeling like a burden
- Isolation, social withdrawal from friends, family, and community
- Personality changes including increased anxiety, anger, or rage
- Feeling trapped or in unbearable pain
- Increased substance misuse
- Looking for a way to access lethal means
- Extreme mood swings, impulsive behavior
- Expressing hopelessness, lack of interest in future plans
- 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
- Living with mental illness
- History of trauma, abuse, or violence
- Access to lethal means (firearms, drugs)
- Chronic physical illness, chronic pain
- Loss of hope
- History of suicide in the family
- Exposure to graphic accounts of suicide

American Psychiatric Association Foundation

Effective Strategies for Prevention

- Safe storage of drugs and firearms
- Establish more "connectedness"
- Teach coping and problem-solving skills

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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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Communication Issues	Problematic Terminology	Preferred Terminology
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," "Complete 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," "Suicide pass," "Political suicide"	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 in a psychiatric emergency. **Call 911.**

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Quotes by Kay and Rick

"You have to have hope to cope."

"Your greatest ministry always comes out of your deepest pain."

"While 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."

"What I know about people who live with suicidal thoughts is that they're usually ambivalent. That means that part of them wants to die because they want to be out of the pain and there's another part of them that really doesn't want to die; they just want the pain to stop."

"When you are feeling suicidal, remember the things that keep you tethered to life."

"If you are struggling with suicidal thoughts: don't isolate. Call for help. Reach out to those who love you - your family, a friend, your doctor, your church. Don't try to do this alone."

"Suicidal thoughts and feelings are like waves on an ocean. When they come in, they can be powerful and intense. But just like waves, your thoughts and feelings will recede. The intensity of that feeling right now may feel overwhelming but hold on, that wave will recede again."

"Despair and hopelessness often grow in the absence of meaningful social connections."

"The medical community will simply never be able to meet all the physical, emotional, and spiritual needs of people with mental illness. But with the faith community as a partner, individuals can be given **whole person support**, increasing the likelihood of recovery and wellness."

"When faith communities open their hearts and their doors to people with mental illness and commit to walk with them on their path toward wellness, suffering is reduced and connections grow. People may see for the first time that they matter and there is a purpose for their life."

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)

"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)

I will be your God throughout your lifetime - until your hair is white with age. I made you, and I will care for you. I will carry you along and save you. Isaiah 46:4 (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)