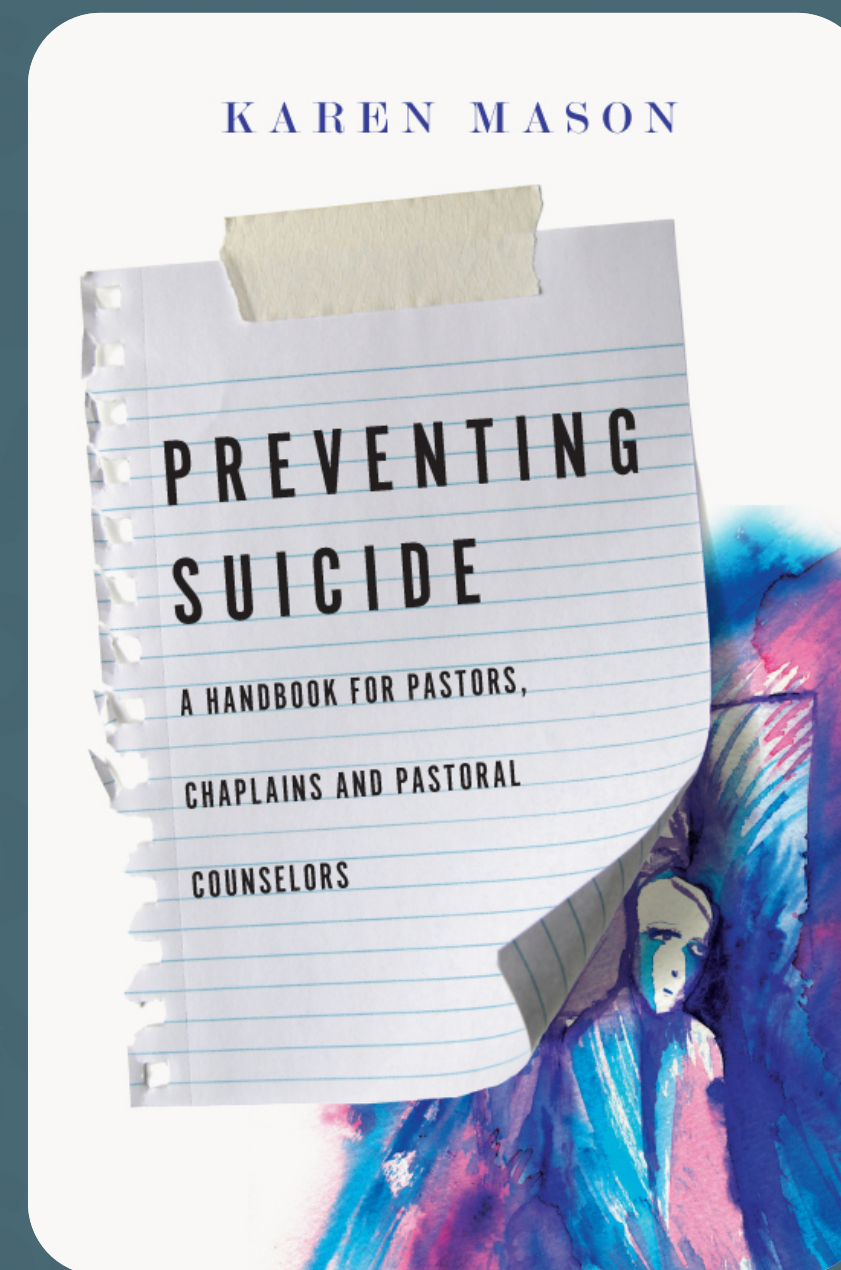


**I HAVE A
FRIEND
WHO...**

**THINKS
ABOUT ENDING
IT ALL**



Myth: It's dangerous to speak directly about suicide

Truth: It can be much more dangerous to avoid the subject or refer to suicide indirectly with vague euphemisms like “are you thinking about not being around anymore?”



Myth: All acts of Self-harm are the result of suicidal thinking

Truth:

- “Non-Suicidal Self-Injury”
- To feel something—even pain
“I feel alive”
 - To stop feeling bad
“I feel overwhelmed”
 - To communicate distress
“To let others know how bad I feel”
 - To influence others
*“To get my parents to stop fighting” or
“To get my kids to leave me alone”*



Nock, M. (2012, August). Paper presented at the American Psychological Association Convention, Orlando, FL.

Myth: True Christians do not struggle with suicidal thinking

Truth:

Christ-followers DO become depressed & suicidal

- Christ-followers are both redeemed & fallen

If we claim to be without sin, we deceive ourselves and the truth is not in us 1st Jn 1:8

- Satan seeks to destroy Christ-followers

Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1st Pet 5:8

- Christ-followers sometimes choose to cope in non-Christian ways

Job's wife said to him... "Curse God and die!" Job 2:9

- On this side of heaven, our bodily weaknesses sometimes overcome our spiritual desires

We...groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. Rom 8:23



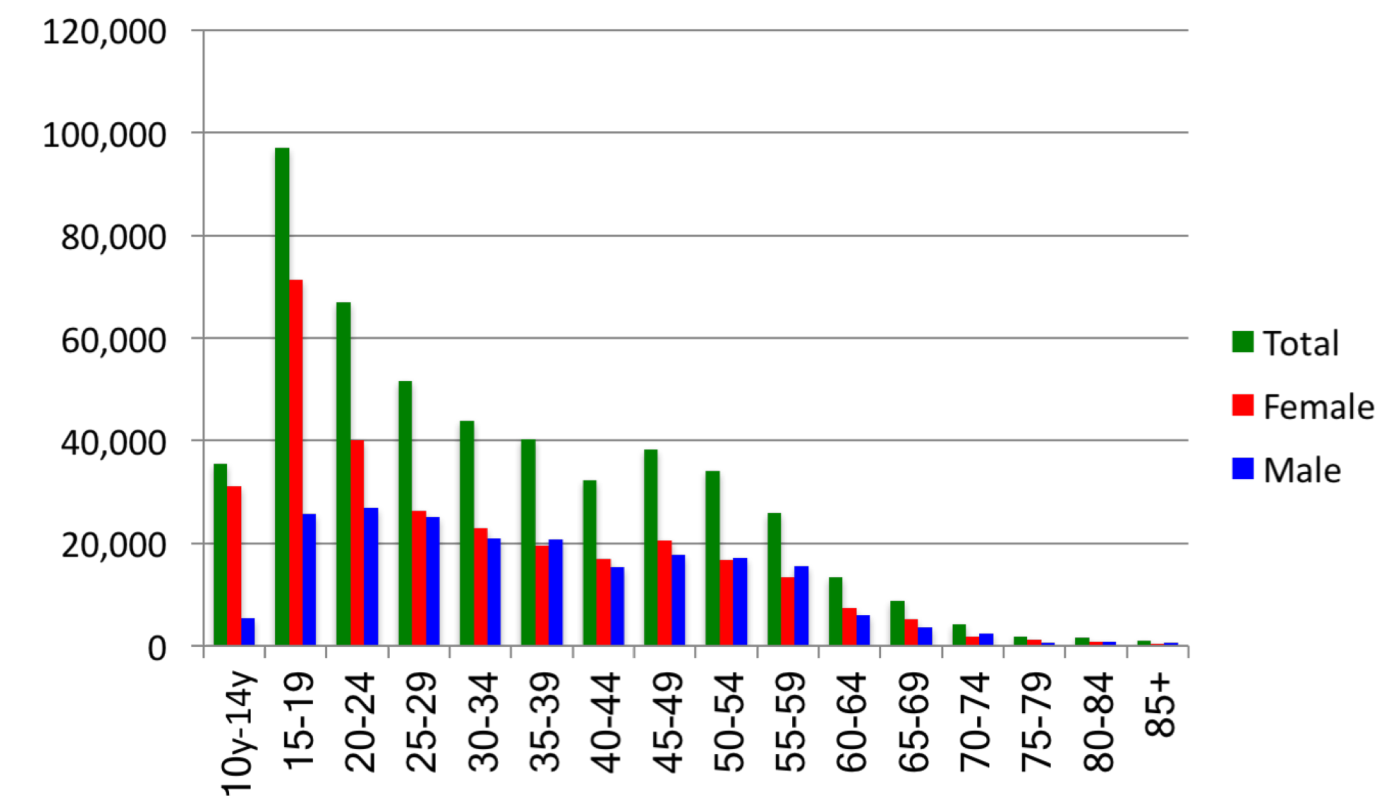
Myth: Demographically,
highest suicide risk is
among teenage girls

I HAVE A
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WHO...

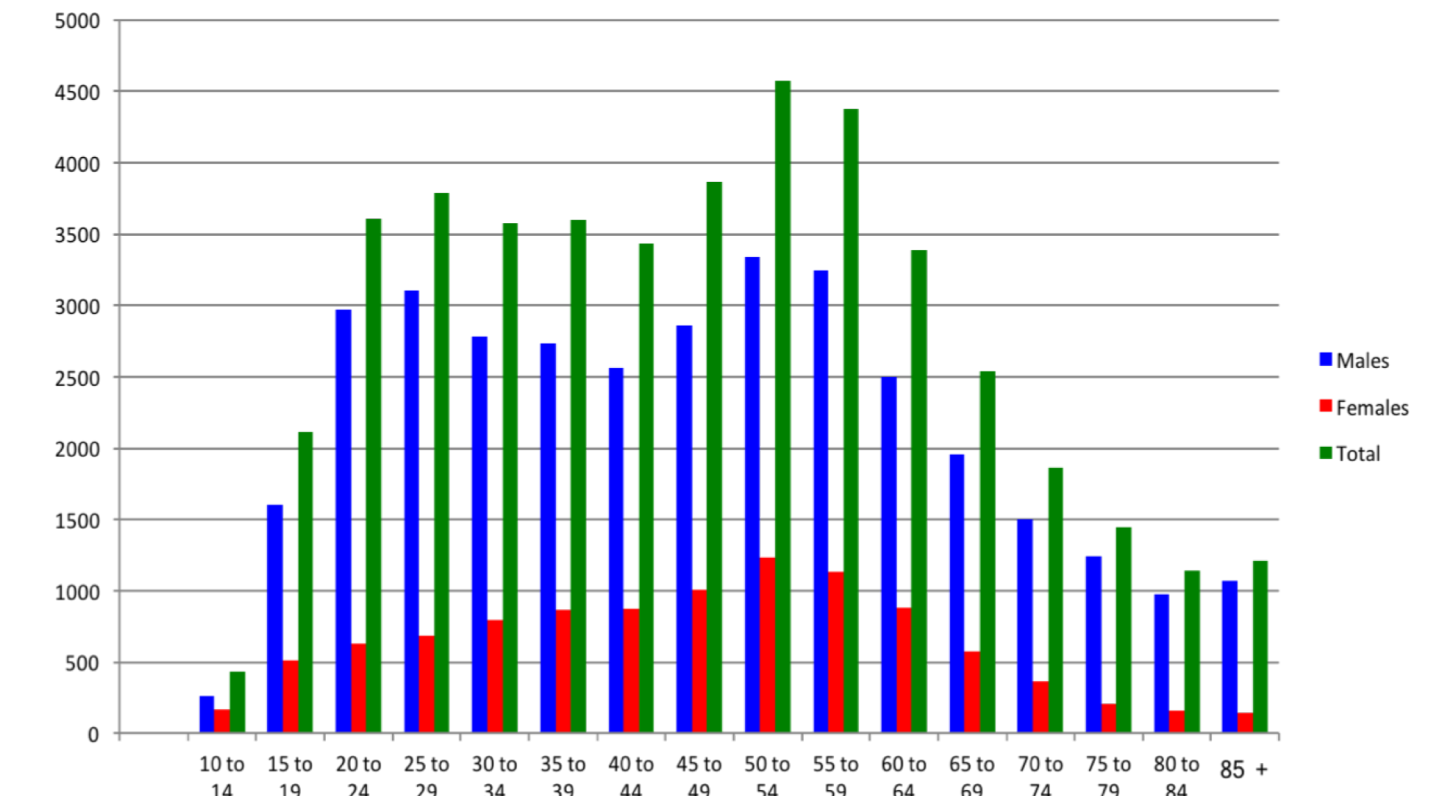
THINKS
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IT ALL

Truth:

Nonfatal Self-Harm
by age and sex, USA, 2016



Suicide Deaths
by age & sex, USA, 2016



Analyze Risk using “The Suicide Continuum”

Ideation: “Do you have thoughts suicide? How often? How strong?”

Intent: “Do you think you will follow through on these thoughts?”

Plan: “Have you thought about How you would kill yourself?”

Means: “Do you have the means to follow through with your plan?” (gun, pills, balcony, etc.)

Imminence: “When do you think you might follow through on your plan?”



National Suicide Prevention Lifeline 1.800.273.TALK

Safety plan

When my roommate and I fight and I feel hopeless:

- Call my mom/or my friend Jane
- Pray
- Go to the gym
- Get out my Hope Kit
- Call my pastor
- Call my counselor
- ...and if I still can't resist suicidal thoughts call 1.800.273.TALK



My Hope Kit

- A photograph of something or someone who represents hope
- A reminder about something or someone worth living for
- Images of things I like to do that give me hope
- Words and mementos of what has helped me overcome suicidal thoughts in the past



My Hope in God

- All people are created in the image of God (Gen 1:28-29)
- All people are loved by God (Zeph 3:17; Jn 3:16).
- Paul shouted, “Don’t harm yourself! We are all here!” (Acts 16:28)
- Joseph said, “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” (Gen 50:20)
- You’ve stored my many tears in Your bottle—not one will be lost. (Ps 56:8)

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CONNECTICUT

1-Word 1-Voice 1-Life

Be the 1 to start the
conversation

preventsuicidect.org

FAIRFIELD

Fairfield Cares

Mental health promotion &
substance abuse/misuse assistance

fairfieldct.org/fairfieldcares

SOUTHERN CT

American Foundation for
Suicide Prevention

afsp.org/chapter/afsp-Connecticut
Michelle Peters, mpeters@afsp.org
(860) 614-7208



National Suicide Prevention Lifeline 1.800.273.TALK

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