

FIGHTING SUICIDE NOTES

What are the Warning Signs of Suicide?

- * Talking about Dying - any mention of dying, disappearing, jumping, shooting oneself, or other self harm
- * Recent Loss - through death, divorce, separation, broken relationship, self-confidence, self-esteem
- * Change in Personality - sad, withdrawn, irritable, anxious, tired, indecisive, apathetic
- * Change in Behavior - can't concentrate on school, work, routine tasks
- * Change in Sleep Patterns - insomnia, often with early waking or oversleeping, nightmares
- * Change in Eating Habits - loss of appetite and weight, or overeating
- * Poor View of Self - feeling worthless, shame, overwhelming guilt, self-hatred
- * Saying Goodbye to Important People - saying they are going to miss you when they are gone
- * Giving Thing Away – they give away prized possessions.

Are There Reasons to Avoid Suicide?

1. I was created in God's image (Genesis 1:27)
2. I was created very good (Genesis 1:31)
3. God sent his son to die for me (John 3:16)
4. I am God's workmanship (Ephesians 2:10)
5. I am a temple of the Holy Spirit (I Cor 6:19)
6. God works all things out for good (Romans 8:28)
7. God will never abandon me (Hebrews 13:5)

Why Does Suicide Happen?

Suicide happens when pain exceeds resources for coping with pain. You can survive suicidal feelings by either reducing your pain or increase your coping resources.

How Do I Assess the Risk Level?

S = Specific plan. Are they considering a specific course of action for taking their life (either communicated to you directly or indirectly)?

L = Lethality of the plan. Is this specific plan really deadly?

A = Availability of plan. Can the plan be enacted? Do they have access to the means or materials needed to do it?

P = Proximity of help. Are there people close enough to keep them from following through with this specific, lethal, and available plan?

What Do I Do If My Friend is Suicidal?

1. Look for warning signs of suicide
2. Assess the risk of Suicide (SLAP)
3. Connect them to Websites like:
<http://www.metanoia.org/suicide/>
<http://www.suicidal.com/>
4. Refer them to a counsellor

What Do I Do If I Am Suicidal?

1. Admit to Yourself
2. Speak to Father
3. Tell a Friend
4. Ask for Help
5. Focus on the Future