

## Suicide Prevention Scenarios

1. Linda (54y) calls you sounding very upset. Her husband has just left her for another woman and she is crying hysterically. She calms down as you talk with her. She tells you she was so angry she thought about killing herself just to stick it to her husband. She says she won't act on that thought and wouldn't even know how to harm herself, but she wonders what to do with the hurt and anger she feels. She says she hates him and wishes she were dead.  
*- Adapted from Karen Mason, Preventing Suicide: A Handbook for Pastors, Chaplains and Pastoral Counselors, pg 90.*
2. At school, David (16y) has been ridiculed unmercifully about his quiet nature and creativity. Kids taunt him about being queer and make fun of his slim body. He recently journaled that their jokes and ridicule are crushing him and that no one knows how depressed he feels. He declines to join his family on a weekend trip saying he has a big project due. Before leaving, his mom calls you (his Life Group leader) to say she is worried about him because he seems unhappy and withdrawn ...."Would you check in on him while we are gone?" she asks.
3. Dan (28y) is in your Life Group. After his father passed away from Covid six months ago, he became less and less extroverted but seemed to maintain a hopeful and prayerful attitude. He lost his job during this time and suffered significant financial strain as a result. Two months ago he abruptly stopped coming to Life Group. You reached out to him today and he said he is "in the hole and can't get out." In passing he says "I'm done. There isn't a way out." He declines your offer to pray for him saying that was pointless, and hangs up the phone.
4. Alice (34y) is single and seems to have a lot of friends. She seems to have a solid faith in Jesus and regularly attends your Life Group. In vulnerable moments at group she revealed that when she was 18 she tried to take her own life and spent some time in a mental health facility. Her boyfriend recently broke up with her after she became very depressed and impulsive following an unexpected job loss. Since this disappointment Alice has not seemed like herself - making comments like, "I feel trapped inside myself," and "my life feels hopeless."
5. Your son, Donny (19y) has been overweight his whole life but he's a really funny kid and seems to be liked by his peers except in middle school where he endured the routine fat jokes. He adapted by incorporating really funny self-deprecating fat jokes into his conversations. He has never had a best friend but seems to fit in with everyone. He is sarcastic and clever with words and has started mocking and joking about killing himself. At first you thought it was hysterical, but the death jokes have begun to concern you.
6. Melissa (16y) is quiet and very involved in her Cadets program at school. She loves Fridays because she gets to wear her uniform and drill after school. You are her Alive leader and she started texting you during the school day while she's at lunch 2 or 3 times a week. After a few weeks you ask her why she doesn't spend time with her friends at lunch. She says there's a group of mean girls that started sitting at her table. They make fun of her Cadet uniform and ridicule her when her food gets stuck in her braces. She sounds isolated and vulnerable.