

Suicide Prevention Training

Suicide can seem like the _____ when:

- Problems are _____.
- Circumstances seem _____.

Suicidal ideations are like a _____ that lays dormant for years.

- Some become more _____.
- Many maintain suicide as a viable _____.

Why do we need to talk about this?

- The staggering reality of hopelessness...
→
- Those who claim Christ are not immune to hopelessness.
→
- Even biblical figures had suicidal thoughts.
→
- Someone you know may have struggled or lost their battle to suicide.

Psalm 13 gives voice to the kind of desperate brokenness that turns into hopelessness and suicidality.

"If God doesn't show up soon, I will die!"
King David

Common Suicide Myths

1. Real Christians don't experience suicidal thoughts?

TRUTH: It is more _____ than you think.

2. People who are suicidal are just seeking attention?

TRUTH: When suicide is threatened _____ is _____.

3. They are just being selfish, or angry and vengeful?

TRUTH: Suicide is about ending _____ - about solving a _____.

4. People who are suicidal don't tell anyone?

TRUTH: 60-70% of those who attempt suicide tell someone and are often _____ believed.

TRUTH: They drop _____ like "You won't have to worry about me anymore."

TRUTH: Know the signs-

- Suddenly _____
- _____ precious possessions

5. If someone wants to kill themselves there is nothing I can do?

TRUTH: _____ shows this not to be true.

6. Most suicides occur over the holidays?

TRUTH: There are fewer suicides during _____.

TRUTH: Most suicides occur during the late _____ and early _____.

7. Talking directly about suicide may plant the idea in their minds?

TRUTH: Research shows this _____ to be true.

TRUTH: Direct, compassionate _____ help prevent suicide attempts.

Talking about suicide with someone requires us to -

- Confront our own _____.
- Be _____.

Direct Questions

- Are you _____ about killing yourself?
- Have you ever tried to _____ yourself before?
- Do you think you might try to hurt yourself _____?
- Have you thought of _____ that you might hurt yourself?
- Do you have _____ or _____ in the house?

Follow-up Questions

- Scale of 1-10
- How _____ in the last 7 days?
- _____ being made

Learn to _____ suicidal ideation, _____ about it and assess _____.

Five + One: Markers for Suicidal Risk

- _____ (thoughts/consideration)
- Intent to _____ (the likelihood of following through)
- Plan
- Means
- _____

PLUS:

Family history

Comfort and Care

1. Free them to share their darkest thoughts.

2. Explore meaning and purpose.

- Personal _____
- God's _____
- Relational _____ of suicide

3. Teach them to lament.

- God is acquainted with _____.
- Suffering is not good and it's ok to _____ to God about it.
- Use the _____ Psalms.

4. Pray with and for them.

- Use God's _____.
- Express their _____ in "we" language.
- Express your faith in God's _____ and on their behalf.

5. Offer real hope.

- Hope is a _____
- Borrowed _____ - hope on behalf of another

6. Speak the truth.

- Speak _____ words – identify with suffering.
- Speak _____ words – about God, the future, their worth.

➤ Avoid simplistic _____.

7. Offer them opportunities to belong.

➤ Send note, _____ to check-in, visit/follow-up.

➤ Engage them with _____ who will do this faithfully.

8. Contact a Pastor or Counselor for input.