



Fighting Suicidal Thoughts

Suicide is a global phenomenon in all regions of the world and it affects people throughout the lifespan. It touches all ages, backgrounds, and ethnic groups. The good news is suicide is preventable.

Risk Factors of Suicide:

- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Isolation, a feeling of being cut off from other people
- Family history of suicide
- History of alcohol and substance abuse
- History of mental disorders, particularly clinical depression
- Barriers to accessing mental health treatment

Suicide self-test: <http://illnessquiz.com/suicidal-test>

If you're in crisis, there are options available to help you cope.

You can call the Lifeline at any time to speak to someone and get support.

National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)

Lifeline is available for everyone, is free, and confidential.

Resources:

Suicide Prevention

http://www.who.int/mental_health/suicide-prevention/en/

<http://actionallianceforsuicideprevention.org/>

<https://www.cdc.gov/violenceprevention/suicide/riskprotectivefactors.html>

Tool for faith leaders:

<http://actionallianceforsuicideprevention.org/task-force/faith-communities>

“Therefore my heart is glad and my tongue rejoices; my body also will rest in hope, because you will not abandon me to the realm of the dead, you will not let your holy one see decay. You have made known to me the paths of life; you will fill me with joy in your presence.” – Isaiah 2:26-28 (NIV)

