

Suicide Prevention

I am humbled and feel honored to participate in Grace's Mental Health Ministry's.

September focuses on Suicide Awareness & Prevention.

Suicide: It's a devastating reality in our world. The church body, unfortunately, is not insulated or protected from this phenomenon as scripture clearly says, "In this world you will have trouble." John 16:33. There is nothing more heartbreaking than the loss of a child or other loved one, especially to what seems so unnecessary such as an act of completed suicide. Those left behind relentlessly wonder and question, "What could I have done differently?" "What did I miss?" "Why didn't I see it?"... and continue to beat themselves up over it and often end up in a downward spiral mentally and emotionally themselves. Some will say, "It's such a selfish act." The truth is that those who become suicidal, having thoughts of "I'd be better off dead." or "I just need to end everything.", etc are responding to a sense of hopelessness and helplessness to whatever has become the battle within their mind and emotion. Although we as loved ones can clearly see and know someone is loved and has much to live for, the mind of someone battling suicidal thoughts and having other mental health issues such as depression or other becomes stuck(for a lack of a better description) on this thought, feeling pattern: wash, rinse, repeat. In other words, they are not acting in a selfish manner in their minds, but trying to find relief. We will be providing information, education and resources for you throughout the month to help you better recognize signs of someone having suicidal thoughts and ways you can be better equipped to recognize not only the signs but also approaches you might use and have opportunities to ask very direct loving questions that might change the course of action for someone. It's important to remember there's never a quick fix. One intervention is usually only a beginning or a step along the path.