

SELF HARM & SUICIDE

IF YOU ARE EXPERIENCING SUICIDAL THOUGHTS **CALL 911**

How do you have hope when life feels hopeless?

Everyone wants to know that they are loved, accepted, seen and known. However, too often in our fast-paced society we find ourselves feeling lonely, forgotten, invisible, and worthless. The weight of it all becomes too much to bear and we begin to wonder if life is really worth it. We take drastic measures just to feel anything because feeling nothing is actually worse than the pain.

The beautiful thing about Jesus is that He didn't only come to bring you hope...He came to BE your hope. Jesus knows what you're going through.

John 11:35 is the shortest verse in the Bible and yet one of the most powerful. It simply says, "Jesus wept." For context, Jesus had learned that his friend Lazarus had died. Now He knew that a miracle was just around the corner, BUT Lazarus sisters, Mary and Martha didn't know that and they were devastated, broken and angry. Jesus wept because He felt their pain and sorrow. And friend He is with you in the midst of yours. Let Him be your Comforter, your Peace, your Provider, and your Hope. You are not alone.

You have Jesus...but you also have a community here at The Crossing who care about you and want to walk with you through this season of your life, no matter how messy it might be.

Immediate Help concerning suicide

If you or someone you know needs immediate help due to a threat of suicide (attempt or ideation), please contact **911**

Crisis Response Team

DCFS Mobile Crisis Response Team-<https://knowcrisis.com/>

702-486-7865

24/7 Crisis hotline

The parent/guardian has to reach out to the crisis hotline to initiate the request for services, but depending on the level of response needed, they will send in a therapist and a caseworker to help stabilize the family.

AFSP Nevada (Suicide prevention Foundation) - [AFSP Nevada Programs](#) - [AFSP Nevada](#)

Healing Conversations - [Healing Conversations: Personal Support for Survivors of Suicide Loss](#)

Make an appointment with **a mental health professional as soon as possible**. These resources below are designed to help, but they are not designed to be used in an emergency or dire cases.

National Suicide Prevention Lifeline

Phone Number - 988 for those thinking about suicide but are **NOT** in immediate danger. (Calls made to this 24-hour hotline are routed to the caller's nearest crisis center.) If in immediate danger, call 911.

Online Chat room - [LINK](#)

Crisis Text Line

Text 741741 to connect with a trained crisis counselor. This is for people who may be uncomfortable speaking on the phone. Texts may not be answered as quickly as 24/7 hotline.

Website for crisis text line- [LINK](#)

RemedyLIVE

Chat with a Soul Medic through RemedyLIVE - [LINK](#)

Text the word REMEDY to the number 494949 to chat.

DCFS Mobile Crisis Response Team- [LINK](#)

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SUICIDE

If someone displays signs of suicide, what should you do?

Take it seriously

- Ask the question, “Are you thinking about suicide?” This will show the person you are concerned about them, and will open communication, allowing the person to express their thoughts freely.
- Listen intently and persuade them to get help. If able, guide them to a local resource such as this webpage.
- Warning signs-
- Talking about wanting kill or hurt themselves
- Sudden change in behavior; happier or calmer.
- Suicide threats or previous suicide attempts.
- Talking about feeling hopeless or having no reason to live.
- Loss of interest in things one cares about.
- Talking about being trapped or in unbearable pain.
- Giving things away, such as prized possessions.
- Purchasing a gun or stockpiling pills.
- Talking about being a burden to others.
- Increasing the use of drugs or alcohol.
- Withdrawing or feeling isolated.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Showing rage or talking about seeking revenge.
- Making arrangements; setting one’s affairs in order.
- Themes of death or depression in conversation, writing, reading, or art.

THINGS TO KNOW

A suicidal person may not ask for help, but that doesn’t mean help isn’t wanted.

- People who take their lives don’t want to die – they want to stop hurting.
- Suicide prevention starts with recognizing the warning signs and taking them seriously.
- If you think a friend or family member is considering suicide, you might be afraid to bring up the subject, but talking openly about suicidal thoughts can save a life.

Practices

Referrals for Counseling

[Counseling Referral Link](#)

Medication Management

See your medical doctor to make sure to check for any mental illness that could be causing your symptoms (A true chemical imbalance in the brain makes it extremely challenging to 'overcome' these thoughts just by persevering.) [Article](#)

Rating System for feelings

(Especially after a suicide attempt or severe ideation)
Youth shares their 'risk/danger/ I need help' number from 1-10. 10 is I need help now (going to suicide if left without help), and 1 is "Life is amazing" The youth can text or randomly share their number with the caregiver during the day as a check-in without words. If the immediate risk number is "8", and the youth shares they are at a "6/7", the family has already created a plan of how to intercede at each step of the rating system.

You're Not Alone... Truth Against Self-Harm & Suicide

How does the Bible lead us through pain?

"Lament" is a way that people who experienced anxiety, depression, loneliness, and other kinds of pain in the Bible express themselves to God. To lament is to be honest with God about your experience and to direct your thoughts and your words in God's direction. It's a move of faith to be honest with God even when you're mad at God or feel as if God isn't there. The biblical writers were very familiar with lonely and painful experiences, and through their honest reflections and petitions—and even praises through the pain—we can find our voice and strength to come to God when life hurts.

More than one third of the 150 psalms are "laments." Most typically they follow a pattern in which they express pain, complain to God, AND also affirm trust in God and give praise to God in the middle of the pain. This pattern is instructive for anyone who suffers. A few of the many lament psalms are listed

below, including 2 laments (Psalm 44 & 88) that “break the pattern,” meaning they don’t make the turn to praise God. And if we’re being honest, there are some moments when the most you can utter is a complaint. But if doing that brings you into conversation with God, then there is still hope. May these Psalms deepen your connection with the God who is always there even when He feels far away.

Psalms of lament:

Psalm 6

Psalm 13

Psalm 22

Psalm 25

Psalm 27

Psalm 31

Psalm 42

Psalm 44

Psalm 88

Psalm 130

Suicidal Thoughts

There is a beginning, middle, and end to every emotion. Don’t make a permanent decision over a temporary emotion.

Positive Affirmation

As you go about your week, hold tight to these words. Repeat them as needed to eliminate negative or unhelpful thoughts that may be holding you back.

Amazing grace, how sweet the sound
that saved a wretch like me
I once was lost, but now am found
I was blind, but now I see.

Supporting Scripture

Therefore there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:1-2 | NIV

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33 | NIV

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:5 | NIV

For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

Romans 15:4 | NIV

Bible Reading Plans

(7-day plan) [Finding The Light In Suicide](#) - Finding The Light Project

(6-day plan) [Overcoming Thoughts of Suicide And Self Harm](#) - Life.Church

(32-day plan) [Teach Me To Pray](#) - Time Of Grace

Bible Reading- [YouVersion](#)

365-day Bible Recap [LINK](#)

Care Groups

[Care Groups](#) Need help carrying burdens of grief, pain, addiction...? There is help and hope through groups in the Crossing community.

Apps

Centering Prayer App (free; [IOS](#) and [Android](#))

Lectio 365 App (free; [IOS](#) and [Android](#))

Abide App (free; [IOS](#) and [Android](#))

Meditation

[Breath Prayer practices](#)

Additional Resources

Books

Book | [A Treasury of Prayers: A Collection of Classical and Modern Expressions of Faith](#), By Stephen Fortosis

Book | [Emotionally Healthy Spirituality](#), By Peter Scazzero

Music | [No One Ever Cared For Me Like Jesus](#), By Steffany Gretzinger

Music | [Broken Vessels \(Amazing Grace\)](#), By Hillsong Worship

Music | [Weeds In My Garden Playlist](#) resource from Crossing Worship