



Suicide Prevention (June Hunt Hope for the Heart)

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Suicide Prevention—Hope When Life Seems Hopeless

Nothing is as heartbreaking as a loved one who has lost hope and is contemplating suicide. A person who seems cheerful one day can slip into despair and hopelessness the next. God's heart is tender and full of compassion toward those experiencing deep pain. The mini-book *Suicide Prevention* covers the steps to identifying and preventing suicide using a Christian approach. Suicide prevention requires compassion toward the sufferer, along with practical steps and biblical assurance of God's love.

The Bible says, "The Lord longs to be gracious to you; he rises to show you compassion" (Isaiah 30:18). He feels the emotional, spiritual, and physical agony that engulfs the lives of those teetering on the brink of absolute hopelessness and suicide. And from God's tender heart springs forth words of wisdom, life-transforming truths that truly affirm your value to him.

You will learn how to better reflect God's heart to help those who are hurting, and you will gain practical insight on what to say and what to do. This mini-book is filled with practical advice and Biblical wisdom to guide you as you reach out to a suicidal friend.

Suicide Prevention is an easy-to-understand book that covers the basics everyone should know, and separates fact from fiction:

Fable: Never talk about suicide with deeply depressed people—it could give them ideas.

Fact: Asking what someone is feeling doesn't create suicidal thoughts. You can assume that most depressed or very anxious people have given some thought to taking their lives. Demystify the subject by talking about their feelings.

Fable: More suicides occur in the winter holidays.

Fact: Suicide rates are below average in the winter and above average in the spring, peaking in April. For youth, suicide rates are higher in the summer. For middle-aged adults, age 36 and up, suicide rates rise again in the fall. In general, suicide risks decrease as social interactions increase. Becoming aware of the most frequent occurrences of suicide will help you discern when a struggler is at risk.

Suicide Prevention helps you spot the characteristics of a person in danger. Learn —

The 3 stages of potential suicide

Which emotions to watch for

The types of suicide: symbolic suicide, copycat suicide, and the newly coined "bully-cide" affecting young people.

Know the answers to these vital questions so that suicide can be prevented:

When are suicide attempts more likely?

Are suicide rates higher in urban or rural areas?

How marital status correlates with suicide rates.

Know what age groups are most at-risk for suicide.

Discover the importance of a belief in God in suicide prevention.

This mini-book is a quick overview and is easy-to-understand. It focuses on the key issues and is perfect for the busy person who needs instant advice.

Look for all 25 titles in the Hope For The Heart Biblical Counseling Library. These mini-books are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

If you are contemplating suicide right now, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

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