

# SUICIDE...THE SILENT KILLER

## DID YOU KNOW...

- *Suicide is the 2nd leading cause of death for 15-24 year-olds worldwide*
- *A person dies from suicide every 12 minutes in the U.S. (CDC)... 123 Americans a day*
- *Over 44,895 people in the U.S. kill themselves every year.*
- *One out of twelve college students has a suicide plan.*
- *Females are more likely to attempt suicide, but males are 4 times more likely to die from their attempts. Male deaths represent 79% of all US suicides. (CDC)*

## DEPRESSION AND THE BIBLE

### THE CONTRADICTIONS: Is it true...?

- \_\_\_ Asking someone, "Are you thinking of committing suicide?" may lead a person to attempt it?
- \_\_\_ Those who talk about suicide will never actually do it!
- \_\_\_ Suicide is inherited or runs in families.
- \_\_\_ Suicide is a problem of a specific social or economic class.
- \_\_\_ Most suicides occur at night.

### THE CAUSES...why are kids killing themselves?

1. \_\_\_\_\_ They are sad, mad and withdrawn.
2. \_\_\_\_\_ They feel helpless. Nothing will ever change.
3. \_\_\_\_\_ There is a void or lack of meaning in their life.
4. \_\_\_\_\_ An unreasonable pressure to succeed or unrealistic expectations.
5. \_\_\_\_\_ An impulsive response to a temporary problem.

### THE CLUES...what signs should I look for?

- Verbal expressions of thoughts of suicide, despair or hopelessness.
- Giving away valued possessions.
- Suddenly becoming cheerful after prolonged depression.
- Significant changes in behavior or habits.
- Breaking up with a girlfriend or boyfriend.
- Withdrawal, moodiness, or prolonged depression.
- Failing grades or declining quality in schoolwork.
- Feelings of being unwanted.
- Bullying

### THE CAREGIVER...what can friends can do to help?

#### Don't...

- Belittle or shame them.
- Try to analyze them and tell them your interpretation of their feelings.
- \_\_\_\_\_ to "keep a secret", not to tell someone else.

#### Do...

- Take every suicide situation seriously. "When in doubt, check it out!"
- \_\_\_\_\_ them to a trusted adult (counselor, teacher, parent, pastor, etc.)
- Tell your friend that there is hope.

### THE CALLS...Who can you talk to for help?

- **National Suicide Lifeline:** 800-SUICIDE or **1.800.784.2433**
- **National Suicide Prevention Lifeline:** 800.273.TALK or **1.800.273.8255**
- **S.A.V.E. – Suicide Awareness Voices of Education:** 952.946.7998 or [www.save.org](http://www.save.org)