

SUICIDE

...the silent killer

John Erwin

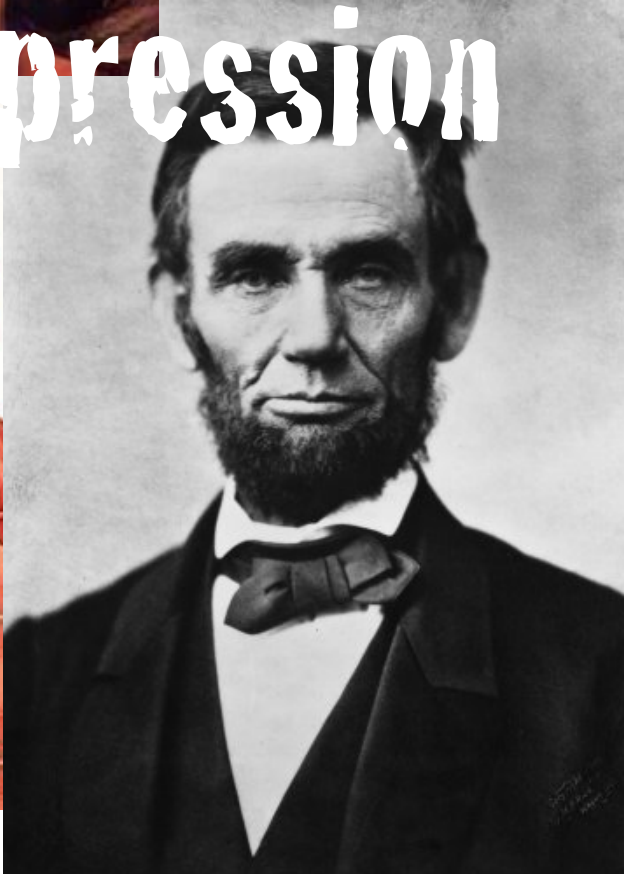


May 25, 2005





The Many Faces of Depression

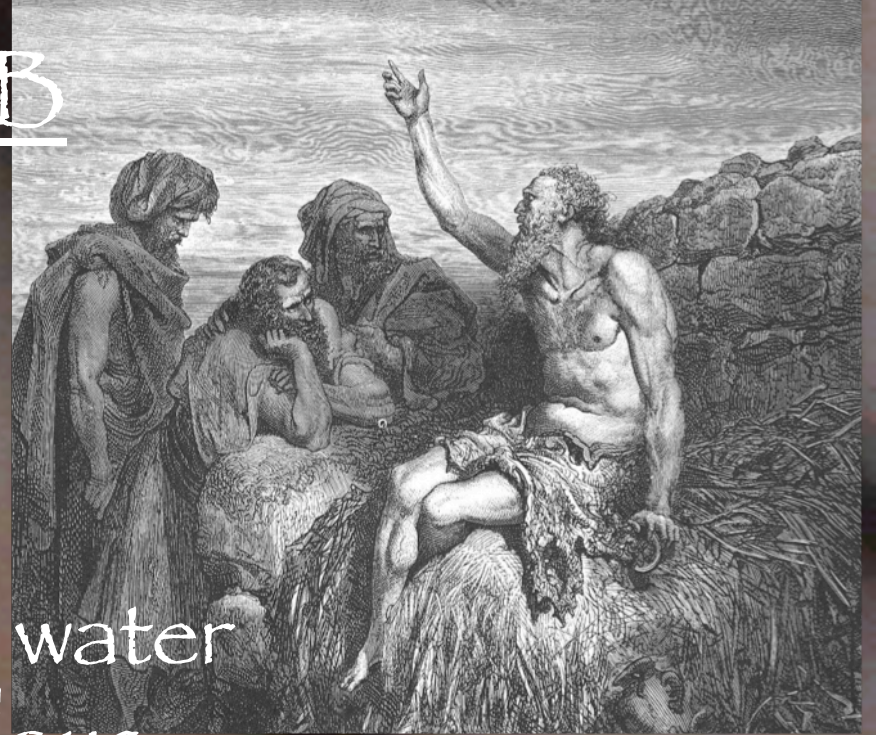




Charles Spurgeon

JOB

...I cannot eat for sighing
...I hate my life
...day after hopeless day
...my heart is broken
...my groans pour out like water
...depression haunts my days
...My weary nights are filled with pain
...I cry to you, O God, but you don't answer me





My soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail...

THE
MORNING

They are new every morning.

LAMENTATIONS 3:23

Did you know...



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- ~ A person dies from suicide every 12 minutes in the U.S.
- ~ Over 44,895 people in the U.S kill themselves every year
- ~ One out of five high school students will think about suicide

Did you know...

~One out of twelve college students has a suicide plan

National Football League

Dungy recalls 'compassionate' son

From wire reports

Tony Dungy remembered his son as a "good, young man with a compassionate heart," someone who loved to smile and have fun.

"All you had to do was be nice to him," the Indianapolis Colts coach said Tuesday, straining to compose himself and blinking back tears while remembering 18-year-old James, who died last week in an apparent suicide.

NFL stars past and present, league officials, including Commissioner Paul Tagliabue, and the entire Colts team were among the hundreds of mourners who came to Idlewild Baptist Church in suburban Tampa for the two-hour service.

"It didn't take much for Jamie to be your friend," his dad said.

After the service, Dungy made a brief statement outside the church and, on behalf of his wife, Lauren, and their family, thanked friends and fans for their support. Dungy left the team Thursday, the day his son was found, and it was uncertain when he would return.

He said the family's faith "will allow us to get through this just as we get through times of victory."

Before the service, six chartered buses carrying Colts players, coaches and staff streamed into the parking lot



Surrounded by support: Tony Dungy, with wife Lauren, departs his son's funeral Tuesday in suburban Tampa.

of the church with a police escort. Quarterback Peyton Manning arrived separately.

Players from the Tampa Bay Buccaneers, whom Dungy coached from 1996 to 2000, were among those on hand, along with owner Malcolm Glazer, former general manager Rich McKay, now general manager for the Atlanta Falcons, and former Buccaneer Warren Sapp.

Buccaneers stars Derrick Brooks and Simeon Rice were there, as were coaches Herman Edwards of the New York

Jets and Lovie Smith of the Chicago Bears, both former assistants under Dungy in Tampa, and coaches Dennis Green of the Arizona Cardinals and Jack Del Rio of the Jacksonville Jaguars.

A preliminary autopsy report Friday indicated Dungy's son took his own life, but the exact cause of death won't be released until a toxicology examination is finished in four to six weeks, the Hillsborough County medical examiner said.

Monday evening, hundreds

of mourners lined up to pay their respects. Dungy, still revered in Tampa much more than as an NFL coach, seemed to be the center of the mourners' stream.

Jim Caldwell, who is coaching the Colts in Dunwoody, Ga., has been in all-out contact with him, trying to keep the routine. That included a scheduled three-day even after a second consecutive loss Saturday, 28-10, to the Seattle Seahawks.

P	PA
02	203
08	273
15	288
20	357
F	PA
03	261
07	248
10	297
12	371
F	PA
10	168
12	334
13	310
15	327
F	PA
15	248
18	370
23	419
29	411

the ball
kickoff.

Did you know...

~Females are more likely to attempt suicide, but males are 4X more likely to die from their attempts.

Between 2003 and 2004 a sharp increase in the suicide rate among females

Girls' suicides ^{9.7.0} increase; overall youth rate also up

By Anita Manning
USA TODAY

A sharp increase in the rate of suicide among pre-teen girls and teens between 2003 and 2004 drove an overall increase in the reported number of young people committing suicide, federal health officials said Thursday.

They also report that hanging and suffocation have replaced firearms as the preferred suicide method for girls and young women.

After a 28.5% decline in suicides among young people ages 10-24 from 1990 to 2003, rates jumped 8% in 2004, the largest spike in 15 years, said Ileana Arias, director of the National Center for Injury Prevention and Control.

"This is a dramatic and huge increase," Arias said. While it's not clear whether it's a one-year spike or the start of a trend, she said, the news signals a need for more effective prevention methods.

The report, issued by the Centers for Disease Control and Prevention, found the biggest increase was in suicides by girls ages 10-14, which increased 76%, from 56 in 2003 to 94 in 2004. The report also found a dramatic change in the most common method of suicide by girls, from guns in 1990 to hanging and suffocation.

Hanging and suffocation accounted for 71.4% of suicide deaths in girls 10-14, 49% in the 15-19 group and 34.2% in women 20-24. The change is possibly due to easier access to rope than to firearms, Arias said.

The findings are based on death records from the National Vital Statistics System. No cause for the increase is given, but an article in the September issue of *The American Journal of Psychiatry* says the increase in youth suicide, which also has been seen in the Netherlands, occurred at the same time there was a decline in prescribing antidepressants known as SSRIs to children and teens, after reports of a link between the drugs and a risk of suicidal thinking in children.

"Obviously, this is a concern," said Thomas Laughren of the Food and Drug Administration's division of psychiatry products. "It's true that antidepressant prescribing in pediatric patients has come down, and that coincides with this one-year uptick in suicides," he said, but there's no proof the drop in prescriptions caused the increase. He said the FDA will continue to monitor reports.

Did you know..

~ School bullying statistics and cyber bullying statistics are increasingly viewed as an important contributor to youth violence, including homicide and suicide.



THE CONTRADICTIONS:

Is it true. . . ?



1) Asking someone, “Are you thinking of committing suicide?” may lead a person to attempt it?



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FALSE

**2) Those who talk about
suicide will never
actually do it?**



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suicide will never
actually do it?**



FALSE

3) Suicide is inherited or runs in families.



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or runs in families.**



FALSE

4) Suicide is a problem of a specific social or economic class.



4) Suicide is a problem of a specific social or economic class.



FALSE

5) Most suicides occur at night.



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FALSE



THE CAUSES. . Why are kids killing themselves?



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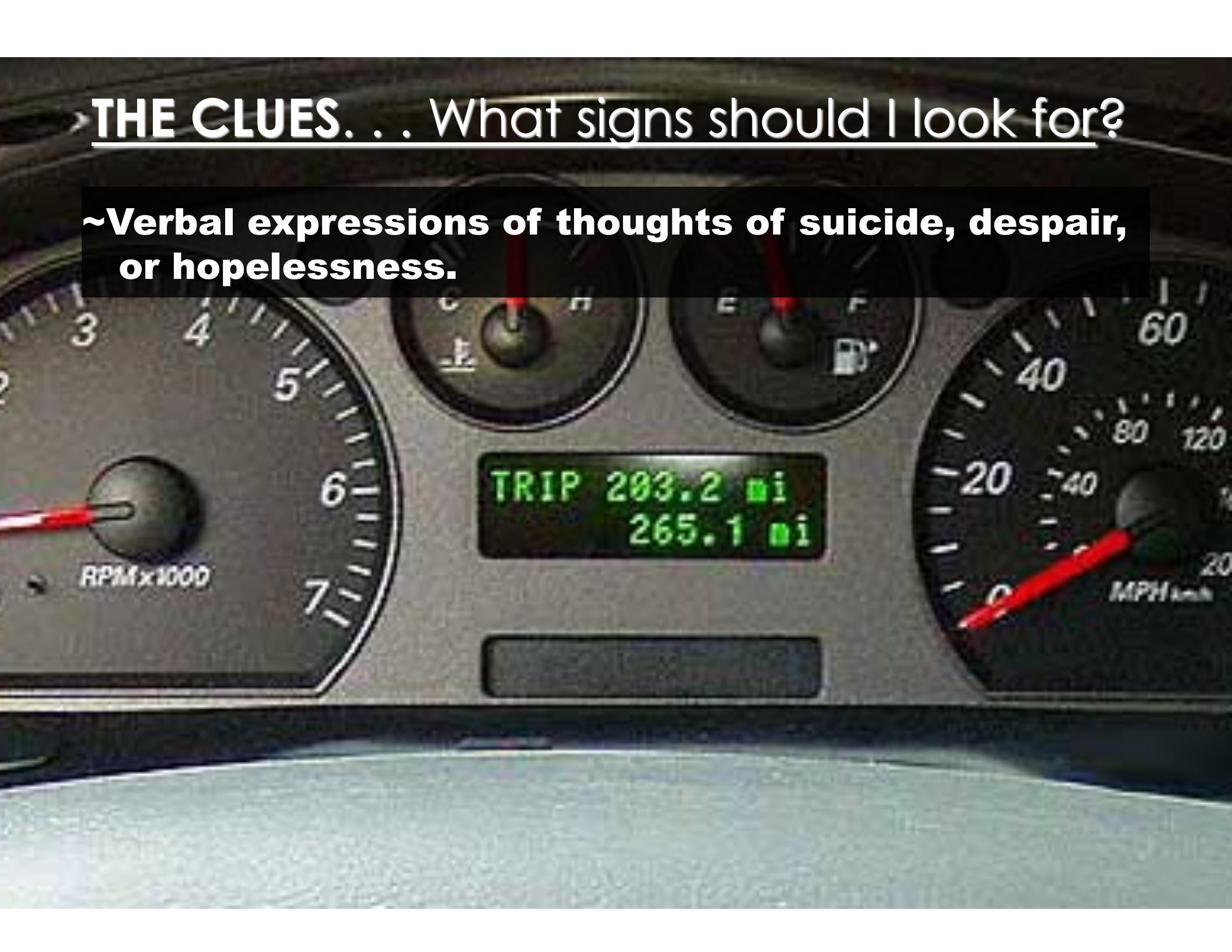
ESCAPE An impulsive response to a temporary problem

THE CLUES. . . What signs should I look for?



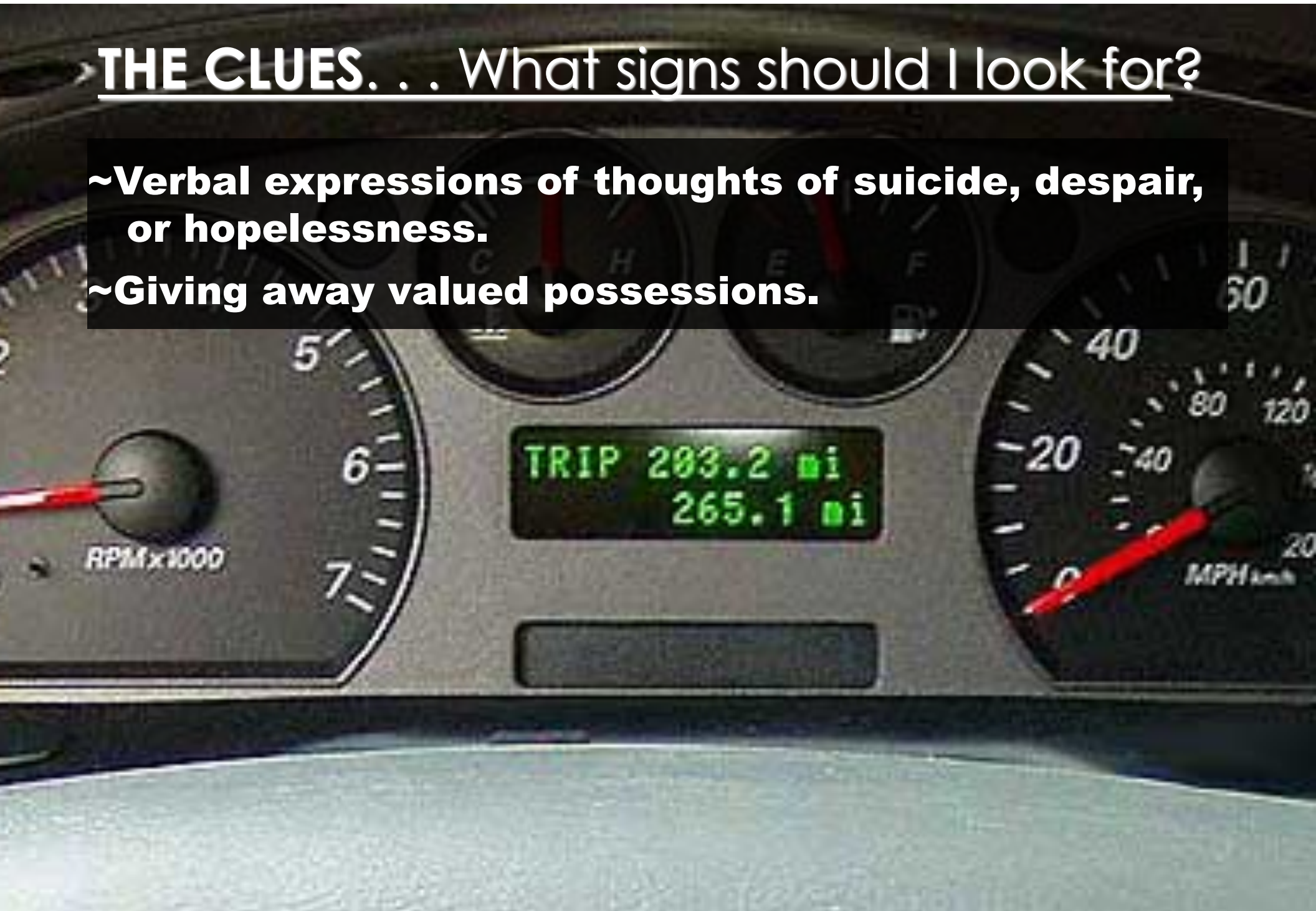
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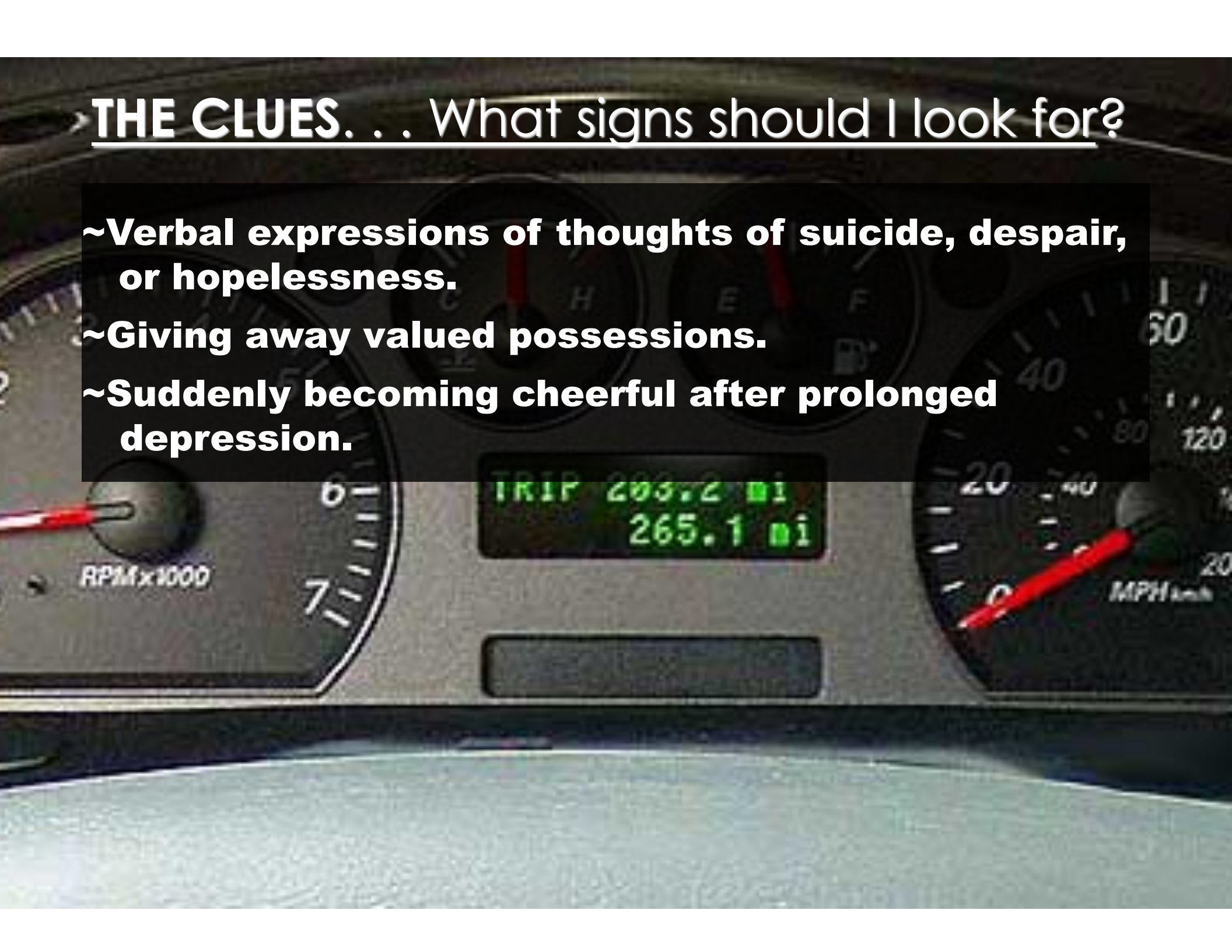
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RPM x1000

MPH

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- ~Increased use of drugs or alcohol.

THE CLUES... What signs should I look for?

School bullying statistics and cyberbullying statistics are increasingly viewed as an important contributor to youth violence, including homicide & suicide.



What can friends do to help?

DON'T . . .

Belittle or shame
them.

What can friends do to help?

DON'T . . .

Try to analyze them and tell them your interpretation of their feelings.

What can friends do to help?

DON'T . . .

Never promise to
“keep a secret”

What can friends do to help?

III ♡ COURTNEY

I REALLY HOPE THAT NO ONE FINDS OUT ABOUT WHAT I'M GONNA/WANNA DO. I HAVEN'T MADE A FINAL DECISION, BUT I KNOW WHAT I WANT. SUICIDE IS MY ONLY ANSWER, AND I'M HOPING THAT SOMETHING GOOD WILL HAPPEN SOON, BUT I DOUBT IT.

Always,
Michelle
@Styx

What can friends do to help?

DO . . .

Take every suicide situation seriously.

“When in doubt,
check it out!”

What can friends do to help?

DO . . .

TAKE them to trusted
adult (*counselor, teacher,
parent, pastor, etc.*).

What can friends do to help?

DO . . .

Tell them
there is hope.

Who can you call for help?

National Suicide Hotline

800-Suicide or 800.784.2433

Youth Crisis Hotline

800.499-9130

With Hope, The Amber Craig Memorial Foundation

PO Box 550 - Placentia, CA 92871 - 714.524.1996

www.withhopefoundation.com

SAVE - Suicide Awareness Voices of Education

9001 E. Bloomington Fwy, Suite #150 - Bloomington, MN 55420 952.946.7998 or
888.511.SAVE - www.save.org

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