



How to Help a Suicidal Friend Part II

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I Timothy 1:1

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Review





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Define: Suicide is the intentional killing of oneself. It's often described as a permanent solution to a temporary problem.

I. Myths and Misperceptions





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1. If you talk about suicide, you will encourage him/her to do it.
2. A true believer cannot commit suicide
3. Suicidal people are intent on dying.
4. Mainly teens are at risk of suicide
5. Suicide is always caused by depression.
 - Samson (Judges 16)—Revenge
 - Abimelech (Judges 9)—Pride/Shame
 - Saul (I Samuel 31)—Fear
 - Judas (Matt.27:3-5)--Remorse



I. Myths and Misperceptions

Ultimately there is one common reason why people commit suicide: they have not lost their mind, they have lost hope.

II. How to help--**Look, Listen, Ask**





II. How to help--Look, Listen, Ask

1. **Look** for warning signs

- “I wish I were dead.”
- “I wish I had never been born.”
- “The world/family/friends would be better off without me.”
- “Nobody cares if I live or die.”
- “I can’t live without _____”
- “You’ll be sorry when I’m dead.”
- Dramatic mood swings.
- Loss of interest in normal activities; become quiet and withdrawn.
- Giving away possessions.
- Drug/alcohol abuse. (2/3 of suicides)
- Evidence of planning, such as buying weapon, drugs, etc.

II. How to help--**Look, Listen, Ask**



1. **Look** for warning signs
2. **Listen** to your friend.
3. When in doubt, **Ask!**

II. How to help--**Look, Listen, Ask**



3. When in doubt, **Ask!**

- Some things NOT to do:
 - Do not leave the person alone.
 - Do not sound shocked.
 - Do not interrupt while the person is speaking—always be respectful and polite.
 - Do not argue; not minimizing what your friend says.



II. How to help--Look, Listen, Ask

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II. How to help--**Look, Listen, Ask**

3. When in doubt, **Ask!**

- Some things to do:
 - Do pray
 - Do remain calm. Panic usually makes things worse.
 - Do be patient. Don't rush a suicidal person.
 - Do rephrase thoughts for clarity and context. Reflective listening, "So, if I heard you correctly, you said...."
 - Do stay physically close to the person.
 - If suicide is in progress, call help (pastor, parent, teacher)

II. How to help--Look, Listen, Ask



The Function of Language (by Dr George Hu)

Me: Mrs. Chen, your son believes that you wish he were never born.

Mrs Chen: That's horrible! Why would he think that?

Me: Because he says you told him, "I wish you were never born" (我希望自己从来没有生过你)

Mrs Chen: But why would he think that I wish he were never born?

II. How to help--**Look, Listen, Ask**



Assisting our Families—one change you can make now
(by Dr George Hu):

1. Increase amount of time with your child
2. Decrease amount of stress/anxiety at home
3. Spend more time with your spouse
4. Be home for dinner

III. Hope for the Hopeless





III. Hope for the Hopeless

1. False hope

- Not within himself/herself.
- Not in others.
- Not in our circumstances.

2. Hope in Christ

Paul, an apostle of Christ Jesus according to the commandment of God our Savior, and of Christ Jesus, who is our hope, I Timothy 1:1