

# *Understanding and Helping the Suicidal*

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- **USA Today March 19, 2018**

The suicide rate for children and teens between 10 and 17 was up 70% between 2006 and 2016.

- **America's Health Rankings 2019**

34% increase in teen suicides in California between the years 2016-2019. This rate is higher than the national increase of 25%.

- **CBS News ER visits for girls who attempted suicide**

Between February and March of 2021, the average was 51% higher than in the same period in 2019.

- **CDC Data**

Shows a **24 percent increase** in ER mental health visits for children **ages 5 to 11**, compared to 2019.

## **Hayden a boy from Texas,**

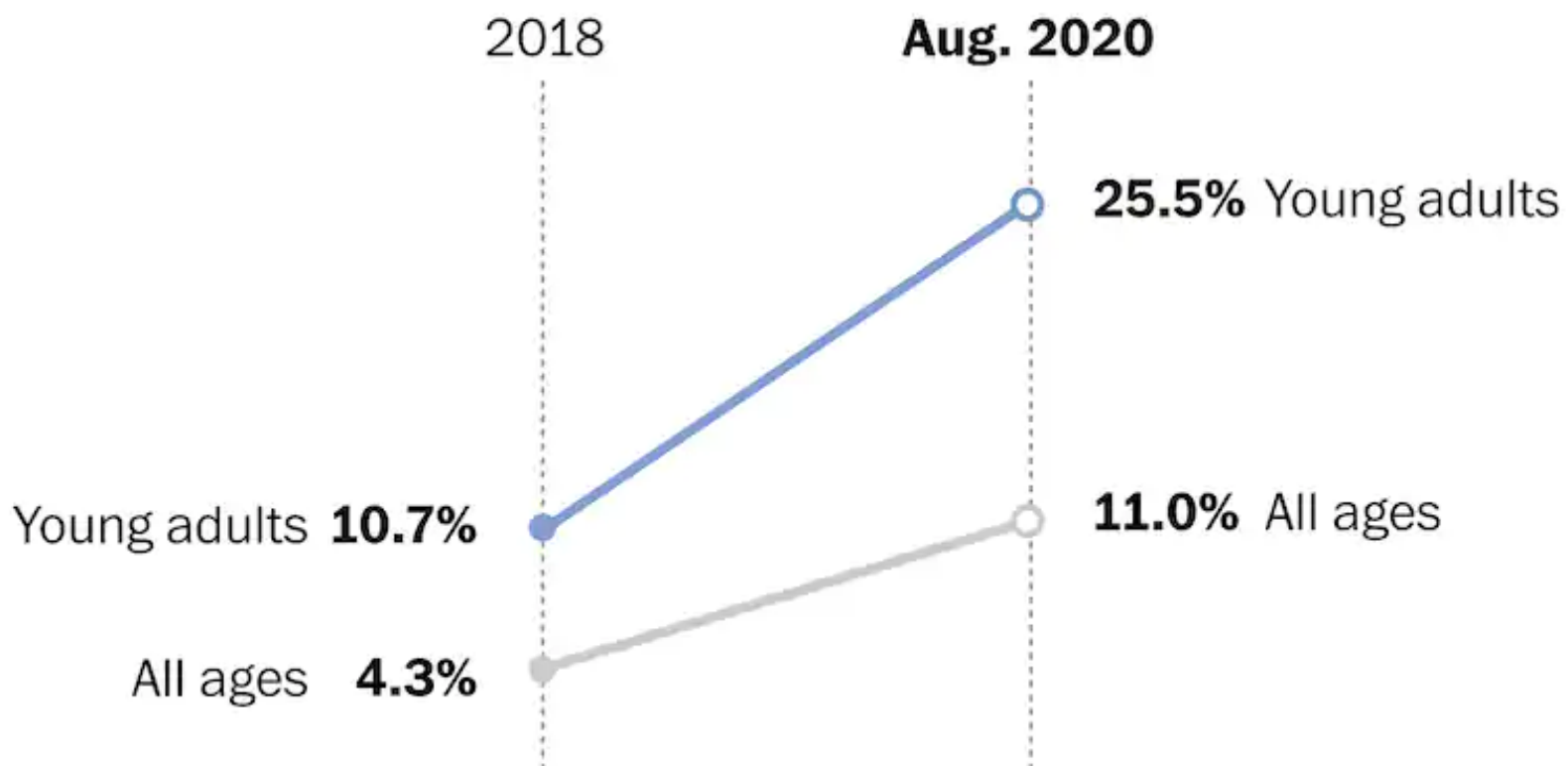
In April 2020, Hayden took his own life three days before his 13th birthday because he didn't know how to deal with the isolation and depression when COVID caused a nationwide shutdown.

**VAN NUYS** — A 17-year-old boy from Valencia was struck and killed by a big rig on the southbound 405 Freeway in Van Nuys he died at the scene.

**CHP statement:** “Upon further investigation, it appears he parked his vehicle on the right shoulder of I-405 southbound, exited his vehicle, and intentionally ran into traffic.”

# Suicidal thoughts increase during pandemic

The number of people who said they have seriously considered suicide in the past 30 days has increased most dramatically among the youngest adults (ages 18 to 24).



Source: Centers for Disease Control and Prevention

AARON STECKELBERG AND WILLIAM WAN/THE WASHINGTON POST

**Challies.com July 15, 2019**

*Snowflakes, Suicide & Scripture*

Survey by The American College Health Association

- 45% of students felt hopeless
  - 57% felt very lonely
- 50% felt overwhelming anxiety
  - 30% felt depressed

For an increasing number of them, suicide isn't "if" but simply "when." It's the conclusive separation which for them follows logically, inevitably, from an increasingly disconnected, isolated, lonely life.

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## Age-adjusted U.S. suicide rate, 1907-2017

Per 100,000 people



Chart: Jamie Ducharme for TIME • Source: [U.S. Centers for Disease Control and Prevention](#) • Created with [Datawrapper](#)

**U.S. suicide rates** are at their highest since World War II, according to federal data—and the opioid crisis, widespread social media use and high rates of stress may be among the myriad contributing factors.

*What is the Value of a Life?*

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## Genesis 1:26

”Then God said, “Let Us make man in Our image,  
according to Our likeness.”

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## Genesis 2:7

”The the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.”

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## Deuteronomy 32:39

“See now that I, I am He, and there is no god besides Me; It is I who put to death and give life.”

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## Exodus 20:13

“You shall not murder.”

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*Can a believer commit suicide?*

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# *Suicides in the Bible*

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## Abimelech

### Judges 9:53-54

*"But a certain woman threw an upper millstone on Abimelech's head, crushing his skull. Then he called quickly to the young man, his armor bearer, and said to him, "Draw your sword and kill me, so that it will not be said of me, 'A woman slew him.'" So the young man pierced him through, and he died."*

## Zimri

1 Kings 16: 9-18

“Zimri a servant of Elath the son of Baasha the king of Israel, killed the king and all his household. Which was fulfilled the word of the Lord by Jehu the prophet. And then Zimri made himself king over Israel for seven days. Then Asa king of Judah made Omri, the commander of the army, king over Israel. Then Omri came up against Zimri. Then Zimri went into the citadel of the king’s house and burned the king’s house over himself and died.”

# Saul

1 Samuel 31:3-4

*"The battle went heavily against Saul, and the archers hit him; and he was badly wounded by the archers. <sup>4</sup>Then Saul said to his armor bearer, "Draw your sword and pierce me through with it, otherwise these uncircumcised will come and pierce me through and make sport of me." But his armor bearer would not, for he was greatly afraid. So Saul took his sword and fell on it."*

## Ahithophel

2 Samuel 17:23

*“Now when Ahithophel saw that his counsel (he gave to David) was not followed, he saddled his donkey and arose and went to his home, to his city, and set his house in order, and strangled himself; thus he died and was buried in the grave of his father.”*

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# Judas

Matthew 27:3-5

*“Then when Judas, who had betrayed Him saw that He had been condemned, he felt remorse and returned the thirty pieces of silver to the chief priests and elders, saying, “I have sinned by betraying innocent blood.” But they said, “What is that to us? See to that yourself!” And he threw the pieces of silver into the temple sanctuary and departed; and he went away and hanged himself.”*

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*How does the world view life?*

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## Isaiah 57:20-21

“But the wicked are like the tossing sea,

For it cannot be quiet,

And its waters toss up refuse and mud.

“There is no peace,” says God, “for the wicked.”

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**John 16:33b**

“In this world you have tribulation...”



**Those in the Bible who were in the Depths of Despair**

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# JONAH RUNNING FROM GOD

Jonah 1:11-12

“... Pick me up and throw me into the sea...”

# **JOB UNDER EXTREME EXTERNAL PRESSURES**

**Job 3:3**

**“Let the day perish on which I was to be born...”**

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# ELIJAH

1 Kings 19:4b

**“...he requested for himself that he might die, and said,  
“It is enough; now, O Lord, take my life, (soul)...”**

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*Who is Most Likely to Commit Suicide?*

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Suicide rates are highest in teens,  
young adults, and the elderly.

White men over the age of 65  
have the highest rate of suicide.

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- Older people who have lost a spouse through death or divorce
- People who have attempted suicide in the past
- People with a family history of suicide
- People with a friend or co-worker who committed suicide
- People with a history of physical, emotional, or sexual abuse
- People who are unmarried, unskilled, or unemployed
- People with long-term pain or a disabling or terminal illness
- People who are prone to violent or impulsive behavior
- People who have recently been released from a psychiatric hospitalization
- People in certain professions, such as police officers and doctors, nurses, health care providers who work with terminally ill patients
- People with substance abuse problems

# *Suicidal Warning Signs*

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- Talking about suicide
- Getting the means to take your own life
- Withdrawing from social contact and wanting to be left alone
- Having mood swings
- Being preoccupied with death, dying or violence
- Feeling trapped or hopeless about a situation
- Increasing use of alcohol or drugs
- Changing normal routine
- Doing risky or self-destructive things
- Giving away belongings or getting affairs in order
- Saying goodbye to people as if they won't be seen again
- Developing personality changes or being severely anxious or agitated

# *Emotional Reasons*

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Anger

Jealousy

Depression

Bitterness

Unwillingness to forgive

Self-pity

Pride

Shame

Revenge

Avoid greater pain

Loneliness

Isolation

Rejection

Loss of status, income, or power

Bored "like has no meaning"

Autonomy "I'll be the captain of my fate"

Divorce or death of a spouse

Bad relationships

Stress, accidental drug overdose, or online challenge.

Guilt over sin just like Judas

# *Warnings about Medications*

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# **WARNING:**

**Do NOT ever take yourself off a doctor prescribed medication.**

**We have seen it send people into a tailspin and some never recover.**

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*Biblical Counsel for those who are Suicidal*

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Be with them - listen to them – show compassion

Try to identify the external pressure or internal heart issues

Provide sympathy or empathy where possible

Give hope through the Scriptures – the Gospel when needed

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Distinguish what can be controlled by them and what cannot

Identify their action and responses to the people or circumstances

Identify others action and responses to their problem or circumstances

Where is their conscience – clear – cloudy – condemned

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**Practical Steps for more serious or immediate cases**

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Ask them if they have a plan for how they plan to kill themselves.

Do not allow them to give vague answers. This could be life or death.

Ask if they have a plan. Do they have a gun, pills, or keys to a car.

If possible, have them surrender or confiscate the means they plan to use to kill themselves. You may need to go with them to retrieve these items.

If you are not able to take the means or they are calling you on the phone, keep them talking and get their location.

While you have them on the phone, get someone else to call the police and give them the location.

You cannot leave them alone at this point. You must get them some help.

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After the situation is under control, have them commit to contacting you or someone they confide in if they feel suicidal

## 1 Peter 1:13

“Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.”

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