

**change your  
narrative**

**SOMEONE I CARE FOR  
STRUGGLES WITH SUICIDAL THOUGHTS  
WHAT DO I DO?**

**- Parent Edition -**

**Change Your Narrative: Someone I Care For Struggles With Suicidal Thoughts, What Do I Do? Parent Edition**  
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[www.ChangeYourNarrative.org](http://www.ChangeYourNarrative.org)

**Statistics included were taken from:**

The World Health Organization

The Center For Disease Control

The TADS Study

National Survey on Drug Use and Health

& [Save.org](http://Save.org)

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**α**  
PRESS

SHIFTING INCOMPLETE  
STORIES OF  
SUICIDE TOWARDS  
TRUTH



# How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

## **I Am Glad You Are Here...**

The world needs individuals who care for one another. If you are reading this book because you want to provide encouragement and support to those who struggle, I want to say how proud of you I am.

I also want to acknowledge its hard to know *how* to help someone. We may want to be the one to provide a solution, but often this is out of our control.

Even so, I believe learning about the issue can help us know how to be there for others. When we match our concern and empathy, along with insightful knowledge, it can help us to be prepared to point our families in the right direction.

## **I Want To Be Clear In The Beginning...**

Unless you are a professional who has been trained to know how to step in and offer solutions to those who struggle with suicidal thoughts, you may not be able to fix the root cause of why someone you care for struggles with suicidal thoughts.

This does not mean, however, that they do not need you. Having support from someone who has insight into the issues surrounding suicidal thoughts and who knows what professional resources are available—is key. The best thing anyone who is struggling with suicidal thought can do is seek out professional care. We can not take away the good or bad thoughts or feelings of another. But, we all can strive to be supportive loved ones. The fact you are reading this tells me this is who you want to be.

The things which you and I *can* do, is seek to be the most prepared we can be in order to be individuals who can point our families towards getting the best possible help they can.

My goal is to help you to learn how to understand the complex topic of suicidal thoughts a little bit better, so you have insight into how to care for a child who may struggle.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

## **For Immediate Help:**

Covenant House- 1800-999-9999

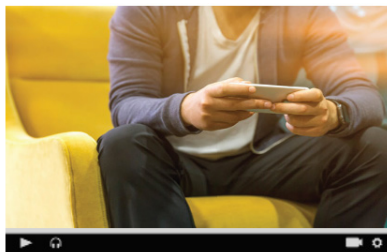
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>



SHIFTING THE NARRATIVE  
*of lost hope*

# What Is Suicide?

Suicide is classically defined as life threatening deliberate actions taken against oneself.

Though suicide is most commonly spoken of in terms of an act which is been completed, it is important to also understand the term “suicidal ideation.”

## What Is Suicidal Ideation?

**Suicidal ideation** means an individual wants to take their own life and/or thinks about suicide. This includes two types: passive and active.

**Passive suicidal ideation** means an individual wishes they could die or were dead, yet they do not have a plan or intent to make this happen.

**Active suicidal ideation** means an individual both thinks about wanting to take their own life and also has intention to do this, along with a plan to act.



# **Why Would Someone Believe It Is An Answer?**

Because they believe it answers the question, “How do I make this pain end?”

In the majority of situations involving active suicidal ideation or a suicide attempt, the individual involved does not want life to end—they want pain to end.

Death is concluded as the only way to end inner turmoil. The idea prevails that if one is not here anymore, they can finally escape.

Many of us don't know how to work through pain. This is not due to incompetence or personal failure. Many individuals do not automatically know how to work through a grievous or mourning period of life for either wrongs that were done to them or abuse or a traumatic, challenging life circumstances. Due to a lack of developed skills in discovering language for and knowing how to mentally, emotionally, and physically work through crisis or trauma—pain compounds. And pain demands to be heard. But, if someone lacks an outlet for that pain to be met, acknowledged, and validated in a way which helps it move through to actions steps to process it in a healthy way—many individuals feel helpless and in perpetual pain.

**But, I dare to believe there is another way.**

Death is not an answer—ending the pain by acknowledging it is. Only when we discover a place of healthy acknowledgment, validation, support, and key, actionable steps are we able to walk a pathway of hope.

I believe that pathway exists—and you are strong enough to help someone find it. The goal of this booklet is to provide a light pointing in the direction of that path.

## **What Is Suicide & Why Is It Believed To Be An Answer? - Video Discussion**



<https://youtu.be/qQZiHYqhILk>

# How Many Individuals Struggle?

The 2016 National Survey on Drug Use and Health found the age group who struggled the most with suicidal ideation included those between 18- to 25-years old.

8.8 percent of individuals within this age group reported their own suicidal ideation. Yet, there is debate on if this number could be higher due to the fact the study was self-reported.

According to the World Health Organization, suicide can happen at any point throughout the lifespan and is the second leading cause of death among 15-29 year olds globally.

**In the United States**, the Center for Disease Control has stated that:

Depression affects 20-25% of Americans ages 18+ in a given year and suicide takes the lives of over 44,965 Americans every year.

80%-90% of people that seek treatment for depression are treated successfully using therapy and/or medication. (TADS study)

There is one suicide for every estimated 25 suicide attempts. (CDC)

**NOBODY TRIPS**

*over mountains.*

**IT IS THE SMALL**

**PEBBLE THAT**

**CAUSES YOU**

**TO STUMBLE.**

*Pass all the*

**PEBBLES IN**

**YOUR PATH AND**

**YOU WILL FIND YOU**

**HAVE CROSSED**

**THE MOUNTAIN.**

**AUTHOR UNKNOWN**

# Myths About Suicide

The National Alliance On Mental Illness wrote about five common myths relating to suicide and then debunked them. Be sure to check it out in the link below.

**Myth #1:** Suicide only affects individuals with a mental health condition.

**Myth #2:** Once an individual is suicidal, he or she will always remain suicidal.

**Myth #3:** Most suicides happen suddenly without warning.

**Myth #4:** People who die by suicide are selfish and take the easy way out.

**Myth #5:** Talking about suicide will lead to and encourage suicide.

Fuller, K. (2018, September 6). NAMI. Retrieved October 31, 2019, from <https://www.nami.org/Blogs/NAMI-Blog/September-2018/5-Common-Myths-About-Suicide-Debunked>.

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Additionally, check out, the following video as suicide attempt survivors and a mental health professional discuss 8 common myths about suicide.

**Suicide Attempt Survivors Bust Myths About Suicide**

<https://www.youtube.com/watch?v=ppSAIO9pmPA>

YouTube Channel: Soul Pancake

## Warning Signs And Risks

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge;
- Displaying extreme mood swings.

This list of Warning Signs for Suicide was taken directly from the website: Save.org. The site states it was developed by an expert review and consensus process that included SAVE's Executive Director and was informed by a review of relevant research and literature. Additional information about the warning signs can be found in the following published article: Rudd, M. D., Berman, A. L., Joiner, T. E., Jr., Nock, M. K., Silverman, M. M., Mandrusiak, M., et al. (2006). Warning signs for suicide: Theory, research, and clinical applications. *Suicide and Life-Threatening Behavior*, 36(3), 255-262.

Warning Signs of Suicide. (n.d.). Retrieved October 31, 2019, from <https://save.org/about-suicide/warning-signs-risk-factors-protective-factors/>

# Factors Which Aid Against Suicidal Thought

A 2003 journal article on youth suicide risk and preventative interventions found several factors which had the power to protect against suicidal behavior.

Factors that protect against suicidal behavior include:

- a good parent-child relationship
- strong cultural or religious values
- an intact family
- a sense of connection with a peer group and community

Gould MS, Greenberg T, Velting DM, et al. Youth suicide risk and preventive interventions: a review of the past 10 years. *J Am Acad Child Adolesc Psychiatry*. 2003;42:386-405.



# Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How can someone escape the trap of shame? I want to continue this critical conversation in the video below.

## Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

YOU'RE BRAVER  
THAN YOU BELIEVE,  
AND STRONGER  
THAN YOU SEEM,

**AND**  
SMARTER THAN  
YOU THINK.  
A.A. MILNE

# What To Do If You Wonder If Your Child Is Suicidal

The fact you are asking this question tells me you are vigilant. You care about your child and want to be there for them and find them help for anything they face. The question remains, “What do I do?” Here are 7 keys:

## 1. Learn The Signs

Harvard Health states these are:

- a drop in grades.
- being irritable or angry often.
- acting bored all the time, and/or dropping out of activities.
- difficulty with relationships, including changing peer groups or becoming more isolated
- dangerous or risky behavior.
- persistent physical complaints such as head aches or stomachaches.
- fatigue.

McCarthy, C. (2019, February 13). Parents don't always realize that their teen is suicidal. Retrieved October 30, 2019, from <https://www.health.harvard.edu/blog/parents-dont-always-realize-that-their-teen-is-suicidal-2019021315901>.

## 2. Ask Them

You may wonder if a direct question would plant suicidal thoughts in your child's mind. This is not the case. In fact, the opposite is true. Young people who are asked report feeling relieved that they did not have to bring the topic up first. They also feel that you want to hear the reasons why they think and feel like they do.

### **3. Lean In**

This is where the hard work happens. Suicidal ideation, both passive and active forms, happen for a variety of reasons. In order to best help your child, it will take diligent, consistent listening which is emphatic and understanding, all while offering validation and healthy action steps.

### **4. Take Precautions**

If you believe your child is at risk for acting on a plan to harm themselves, eliminate or secure household items which could aid that plan. This includes medications, weapons, or sharp objects.

### **5. Educate Yourself**

The more you can learn about what your child may be thinking and feeling—along with how to best provide them healthy action steps they can take in a manner which is most helpful to them—the better. Many parents and caring adults want to rush in and fix the problem in order to alleviate pain. Yet, your child may need to take a significant amount of time to find healthy ways to process through that pain. This will likely take longer than feels comfortable for you. As you educate yourself on the issue of suicidal ideation and actions you can take, you will be able to understand the complex process your child may be going through.

## 6. Get Support.

Find support through personal relationships and professionally-led communities, who can help you process the journey. You are not alone. The more guidance you and your family have—the better.

## 7. Get Help.

If you, a member of your family, or your child ever reach a place of extreme desperation, harm or danger—reach out immediately to a helpline or call 911.

### 7 Tips For Parents Who Wonder- Video Discussion



[https://youtu.be/\\_uhT\\_Yih80Q](https://youtu.be/_uhT_Yih80Q)



HOWEVER LONG THE NIGHT,  
THE DAWN WILL BREAK.

*African proverb*

## **If I Intervene, Will It Damage Our Relationship?**

If you believe someone you care for is in danger of harming themselves, it can be easy to become frozen, unsure what to do or how to help. It may even feel as if intervening would make things worse—and possibly be seen as an act of betrayal.

If it feels like time to act—it probably is. Yet, intervening can have ramifications for your child—and your relationship. This is valid and must be discussed.

I do not know all of the ins and outs of your specific situation. But, you can talk with someone who can give direct guidance for what you are facing, provide you with educational tips which match your situation, and help you feel confident in taking your next step.

This is why I highly recommend you calling a hotline. They can help you gauge the situation and know what your options are to get someone help. As always, if you believe someone is in immediate threat of harm you should call 911 immediately.

Yet, the question remains, “What about backlash?”

This is where it is important for you to get support for yourself. Talk with a friend, community leader, counselor—anyone who can help you walk through the act of helping someone and the aftermath. Will there be a disruption in your relationship? It is possible. Yet, it is important to intervene when someone has plans to harm themselves.

With that being said—your actions prove you are there for the individual and want them to be safe and well. In essence, it means you are also committing to be with them throughout an entire journey as they learn how to walk towards being healthy and whole.

This is a long and difficult process. Maintaining this role in someone's life will take a significant amount of energy, both emotionally and mentally. It is vital to be consistent in someone's life. In short, this means don't start the process and then back out. Don't make a call to intervene in one act, and yet leave someone you care for on their own after a single phone call is made.

This might mean you have to make changes in your relationship, talk about things which are uncomfortable, or introduce new dynamics of support and resources.

Your relationship with someone you care for is unique. This means you need individual support for yourself and the person you care for. Take the steps to get professional insight to help you answer all of the questions you have about how to best be there and find the right type of help for them and yourself.

### **Is It Betrayal If I Intervene? - Video Discussion**



<https://youtu.be/VGF7Zf0RyOI>

# Helpful and Non-Helpful Parent Reactions

If you think your child might be considering suicide or be involved in suicidal ideation and you want to make sure your reaction is positive as you enter into conversations about it, consider these helpful and non-helpful ways to engage with a family member.

- **Helpful:** Offer supportive statements and encouragement **after** listening and seeking to understand.
- **Non-Helpful:** Offering supportive statements and encouragement **instead** of listening and seeking to understand.

The factors which leads someone to believe suicide is the only answer to unburden a tremendous sense of inner pain are layered, unique, and have built up over time. They deserve time and space to be unpacked.

- **Helpful:** Keeping emotions focused on **them**.
- **Non-Helpful:** Keeping emotions focused on **you**.

This is incredibly challenging. You will feel intense emotions yourself as your child explains their own thoughts and feelings. These can range from sadness or fear over their struggle and what they could choose to do, anger that they would consider something with such vast consequences—including what it would do to you, or a mixture of personal feelings you have in light of them sharing.

These feelings are valid and deserve room to be processed in a healthy way. But, that way is not with your child. You will need to turn to your own peer-level or professional support systems in order to help you work through fear, sadness, anger, or any other overwhelming emotion.

- **Helpful:** Finding the appropriate help in the right time frame.
- **Non-Helpful:** Making rash decisions out of fear combined with a lack of understanding the process—leading to hovering.

The first instinct may be to have your child evaluated in an inpatient facility. Depending on the unique factors of your situation, this may be the best first step. However, this is not always the case. It takes a great deal of insight into the complex issue of suicidal ideation—both active and passive. It is important for caregivers to be sure to have educated insight into what are the appropriate steps to take—and in what order.

Now that this challenge has entered your family, it will alter the dynamics of your relationships for a season. The goal is to make sure those new dynamics are healthy and promote the well-being of any individual who struggles—instead of pushing them to hide in further silence. To know the difference will take skilled guidance. For that, we recommend connecting with a local professional or hotline counselor. Do whatever it takes to find the best support for you as you and your family make critical decisions for your family's overall health.

**CREATE A**  

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**TRAINING PLACE**  

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**AND STRATEGY SPACE**

## What Kind Of Help Exists?

Due to the intensive nature of suicidal thoughts and the fact it speaks to deep internal struggles, finding help for suicidal thoughts usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that anything which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

### What Kind Of Help Exists? - Video Discussion



Watch video

<https://youtu.be/A7CNzHsrg0M>



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

**Happify** includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

**What's Up** aids individuals in discovering the cause of feelings and thoughts through guided questioning.



**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

**Panic Relief** provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

**PTSD Coach** provides ways to understand PTSD along with how to find additional help.

**BeyondBlue App** provides tools to build and implement a safety plan.



## **Communities Which Offer Support**

**To Write Love On Her Arms -**

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

**7 Cups Of Tea -**

<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

**Lifeline Crisis Chat -**

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

**Love Is Respect -**

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

**Remedy Live -**

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues along with trained advocates who want to connect.

**Anxiety And Depression Association Of America -**

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

**Heads Up Guys -**

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

**OK2 Talk -**

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.

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A thousand disappointments  
IN THE PAST CANNOT

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equal the power of

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**ONE POSITIVE**

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**action right**

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NOW. GO AHEAD

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**& go for it.**

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**UNKNOWN AUTHOR**

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## **A Conversation On Depression Medication And Natural Remedy**

When thinking about sharing a story with a support professional, young people may believe the first thing they will do is prescribe talk therapy or medication.


This is likely to be true. If that concerns them or your family, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what one can expect when considering options.

In the video below, we have links to articles and voices which are more qualified to share.

**Please note:** In the instance of suicidal thoughts, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding health and mental well-being.

### **What Is The Right Type Of Help? - Video Discussion**



 Watch video

<https://youtu.be/Vnch5AvmWAM>

## Reiterating Why You Offer Support

When a child struggles with suicidal thoughts, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for family members offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have serious complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with suicidal thoughts is to continuously and consistently reiterate *the why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of suicidal thought?”

I wholeheartedly believe it is because our love for that person gives us compassion and insight into three things: their future, their pathway, and their value.

## **Their Future**

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

## **Their Pathway**

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

## **Their Value**

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

### **Reiterating Why You Offer Support - Video Discussion**



<https://youtu.be/fP4Xpr9jDz0>

# The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

*For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.*

## The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

## **Am I A Failure If Someone I Care For Won't Stop Thinking This Way?**

If someone you care for is engaging in continuous suicidal ideation or has made multiple attempts, it can be incredibly painful.

You likely have noticed your own sense of worry, fears, and emotions for that person. This is natural, because you love them and want them to be healthy.

But the one thing we don't talk about is the fact that beneath all of this, you may also feel a sense of failure.

If you feel as if you have failed at being a supportive loved one because the individual you care for has not changed, I want you to know I understand. Your feelings are valid. But, you are not a failure.

In this instance, we need to change the parameters for what true success and failure really are. Let's continue the conversation in the video below:

### **Fighting The Feeling Of Failure - Video Discussion**



<https://youtu.be/G1GgIke68V8>

**FAILURE IS AN EVENT, NEVER  
XXX a person. XXX**

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**◀◀◀ *dale carnegie* ▶▶▶**

# What To Do When A Loved One Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

*For a more in-depth discussion about these points, and how to overcome them, check out the video below.*

## When A Loved On Pushes Back - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>

# Building A Safety Plan

If you are taking a stand against suicidal thoughts, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope that having a pathway can help you continue to seek wholeness.

**Please note:** Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*. You can check out their advice here: <http://challengestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

## Building A Safety Plan - Video Discussion



<https://youtu.be/sy1yM31mX3s>

## **Safety Plan Resources**

**BeyondBlue App** provides tools to build and implement a safety plan.

### **Suicide Prevention Lifeline – Safety Plan Template.**

[https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown\\_St StanleySafetyPlanTemplate.pdf](https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf)

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

### **Get Self-Help**

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

### **Therapist Aid**

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

### **Nick's Experience With Using A Safety Plan**

[https://youtu.be/jW2Hvv\\_vN40](https://youtu.be/jW2Hvv_vN40)

One young man's story of how he uses a safety plan in times which feel challenging.

## The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each person to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

### The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

## Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—them.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

### Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>



## **An Invitation To Shift The Story**

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

## **Come On A Journey To Find Wholeness...**



<https://www.youtube.com/watch?v=ThTdleKhc-CY&t=6s>

## **Please Note:**

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

**If you are in immediate harm or danger call 911.**

## **Additional Resources:**

24/7/365 Crisis Call Center Hotline:  
1 (1800) 273-8255

National Suicide Prevention Lifeline  
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>

## **Resources For Teenagers Who Struggle**

### **How To Tell Your Parents You Are Suicidal**

<https://themighty.com/2016/12/how-to-tell-your-parents-you-want-to-die/>

Key tips for having an important conversation.

### **Time To Talk: Talking To Your Parents**

<https://www.mhanational.org/time-talk-talking-your-parents>

Includes reactions to thoughts and feelings you might be having about talking with your parents and how you can build courage in order to find support.

### **Tips For Talking About Your Mental Health**

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes a letter template to help you get started with beginning an important conversation.



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

**Happify** includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

**What's Up** aids individuals in discovering the cause of feelings and thoughts through guided questioning.



**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

**Panic Relief** provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

**PTSD Coach** provides ways to understand PTSD along with how to find additional help.

**BeyondBlue App** provides tools to build and implement a safety plan.



## **Communities Which Offer Support**

**To Write Love On Her Arms -**

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

**7 Cups Of Tea -**

<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

**Lifeline Crisis Chat -**

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

**Love Is Respect -**

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

**Remedy Live -**

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues along with trained advocates who want to connect.

**Anxiety And Depression Association Of America -**

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

**Heads Up Guys -**

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

**OK2 Talk -**

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.



## Resources for Parents

**The American Depression And Anxiety Association of America** has a screening tool for you to use and share with your child's doctor. It can be found here:

<https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-anxiety-disorder-children>



**Scan Here For Tool**

## **Youth Suicide Prevention**

<https://youtu.be/3BByqa7bhto>

Mayo Clinic

Teen's share their own warning signs and what questions to ask to get involved in supporting them.

## **Talking With Kids About Suicide**

<https://www.youtube.com/watch?v=axoTuFd51Pk>

Offers professional medical insight on if it is okay to ask, "Have you ever thought about suicide?"

## **Are You The Parent Of A Suicidal Teen? You Are Not Alone.**

<https://www.washingtonpost.com/news/parenting/wp/2016/04/25/parents-of-suicidal-teens-say-they-feel-alone-here-are-resources-to-help/>

Article is filled with a tremendous amount of support and resources—along with parent-to-parent insight.

## **Preventing Suicide: What Families Need To Know**

<https://www.youtube.com/watch?v=YVi56-Qaa8s>

Seattle Childrens

Offers guidance for parents from other parents, combined with professional insight on how to identify warning signs, along with what to do.

## **The Gray Area Of Being Suicidal**

<https://www.youtube.com/watch?v=4ESz9cefWPQ>

The Mighty

One Young Woman's explanation of her suicidal thoughts. Offers insight into the types of thoughts and emotions a loved one may feel.

## **Dear Mom (What I Wish You Would Do)**

<https://findyourinnerhappy.com/dear-mom-i-want-to-kill-myself/>

Offers a first person, open letter from a daughter to her mother. It is a bit jarring and blunt. There is language in it. But, it is included for the sake of insight on how one daughter sought to be approached by her family—along with resources for families.

## **Is This The Night? Family Workbook**

<https://www.amazon.com/This-Night-self-care-impacted-suicidal/dp/0692475907#customerReviews>

Title claims to be a “a self-care guide for family & friends impacted by a suicidal crisis.”

## **A Voice At The Table**

<https://www.youtube.com/watch?v=XG7eH1GLK8E>

30-minute documentary, focusing on four families—as they share their story of suicidal crisis. Focuses on the journey of suicide attempt survivors and their families as they seek wholeness.

## Support For Families

**The National Alliance On Mental Illness** has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

**The Society For Adolescent Health And Medicine** has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

**The Depression And Bipolar Alliance Support Alliance** offers connection to local chapters.

[https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help\\_family\\_center\\_support](https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support)

**Family Caregiver Alliance** provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>



# change your narrative

## The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



[ImChangingIt.com](http://ImChangingIt.com)



