

**change your
narrative**

**SUICIDAL THOUGHT
CAN BE HARD TO UNDERSTAND.
WHAT SHOULD I KNOW ABOUT IT?**

Change Your Narrative: Suicidal Thought Can Be hard To Understand, What Should I Know About It? Copyright © 2019; Cassandra Smith. Printed and bound in the United States of America. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information retrieval system—except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, or on the Web--without permission from the Publisher. For information, please contact publisher via:

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

www.ChangeYourNarrative.org

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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 goal of this book is to create an environment of support along with hosting resource and tools which guide individuals who struggle with suicidal thought towards wholeness.

You might have picked up this booklet for numerous reasons.

You might have a friend or loved one who struggles, and you are seeking to learn more about what they are going through and how you can support them.

You also could be struggling with suicidal thought yourself and may wonder what to do.

No matter the reason you are here, you are welcome. We are glad you are reading this and hope to share insight which offers you guidance.

As you go through the next few pages, know I believe in your future and hope you find all of the tools you might be looking for to help you or someone you know to take action and fight back against suicidal thought which seeks to call the shots in life.

Because each of our stories—are far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take healthy action steps.

Healing is not a one time event. It is a process. Throughout that process, there are numerous obstacles. This must be acknowledged. Yet, even with the challenge, I believe you or someone you care for has what it takes to make it through.

We are rooting for each of you out there, not only once someone completes a journey, but every step inside it.

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 places to turn.

For Immediate Help:

Covenant House- 1800-999-9999

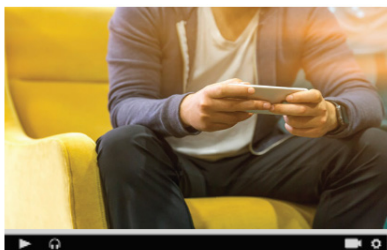
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

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

Video: What Is 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. Learning resilience is something which must be modeled and taught. We do not automatically know how to work through a grievous or mourning period of life for either wrongs that were done to us 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 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 occur 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>.

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](https://www.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://www.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 do we 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

Is It Okay To Ask About Suicide?

If you are concerned on whether or not you should bring up the topic of suicidal thoughts with someone you are worried about, let me be the first to assure you now is a good time to talk.

Research has shown that asking someone directly if they have considered suicide does not plant the idea, instead it provides them an outlet to discuss what they are thinking and feeling.

The National Alliance On Mental Illness specifically names this myth in the below article:

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>.

Is It Okay To Bring Up The Topic? - Video Discussion



<https://youtu.be/uFDKlq3I7A>

What To Do If Someone Shares About Suicidal Thoughts

Learning that someone you care for wrestles suicidal thoughts can be incredibly painful. No one wants a friend or loved one to feel intense internal or external pain.

The reasons, cause and effect behaviors, and thoughts and emotions which lead someone to think dark thoughts range from short-term triggers to extreme inner distress. As you lean in and learn more, you can enter into conversations with a healthy perspective. In order to do so, we suggest to:

- Avoid Judgment
- Process First
- Educate Yourself
- Acknowledge Further Incidents

For a more in-depth discussion about these points, check out the video below.

What To Do When Someone Shares? - Discussion



<https://youtu.be/qyiGKnf3Qwk>



Is It Betrayal If I Intervene Or Get Insight About Someone's Suicidal Thoughts?

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.

I know—because I have been there myself. But, there have been a few key factors which have helped me work through the options and knowing what is right.

My Personal #1 – If it feels like time to act—it probably is. In truth, it is usually fear of repercussions which holds me back more than reasoning which says it is time. Over the years, I have learned to trust my gut.

The Real #1 – If you are a mandated reporter, and you learn someone within your influence is in an threat of harm or danger—either at their own hand or someone else's—it is time to act.

Legal requirements vary from state to state. I would encourage you to check with your local laws and follow the stated course of action. That being said—make sure you also are following your organization's policy and procedures to make sure the right people have been informed and the person you care for is receiving the best form of support and guidance from your whole team.

But, What If I Am Concerned About A Family Or Friend?

The truth is, there are not policy and procedure guidelines for relationships. And intervening can have ramifications for that person—and your relationship. This is valid. It is something which 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 that you should not call 911 immediately.

Yet, the question remains, “What about backlash?” Let’s discuss the matter in the video below:

Is It Betrayal If I Intervene? - Video Discussion



<https://youtu.be/VGF7Zf0RyOI>

CREATE A

TRAINING PLACE

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



<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.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

A Conversation On Depression Medication And Natural Remedy

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

This is likely to be true. If that concerns us, 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 you 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



<https://youtu.be/Vnch5AvmWAM>

Reiterating Why You Offer Support

When an individual 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 those 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 ideation?”

I wholeheartedly believe it is because our care 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 good friend or 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/G1Gglike68V8>

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

◀◀◀ *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

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

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 individual 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>

Your 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/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Parents

Families

Ministry Leaders

Teachers

Men

Teenagers Who Struggle

Teenagers Whose Friends Struggle



Apps Which Offer Support

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

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Provides action points and support specifically for men from men.

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<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.

In 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

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

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



Resources For Ministry Leaders

How to Build Education, Understanding & Community Around Someone Who Is Struggling

<https://www.youtube.com/watch?v=xF3kXLz2MQs>

Life.Church

Offers a roundtable discussion of how to be supportive of someone who struggles.

Tips For Students – How To Talk About Mental Health

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

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

DYM FREE Suicide Prevention Training

<https://blog.downloadyouthministry.com/free-dymuniversity-course-suicide-prevention/>

“Understanding Mental Illness and Suicide Detection and Prevention from Suicide Prevention Specialist, Craig Lomax with introductions by Kay Warren, Co-founder of Saddleback Church.” - *from site*

9 Things The Church Gets Wrong About Suicide

<http://www.recklesslyalive.com/9-things-christians-suicide/>

A suicide attempt survivor offers his own insight on what we miss in ministry, along with action steps for churches to learn how to offer the right type of support.

10 Free Ways Your Church Can Stop Mental Health Stigma

<https://churchandmentalhealth.com/10-free-ways-your-church-can-stop-mental-health-stigma/>

Offers actionable steps to create a haven of support within your community, along with links to get started.

How To Create A Suicide Prevention Policy

<https://churchandmentalhealth.com/creating-a-church-suicide-prevention-policy/>

Offers your leaders a template for drafting policy and procedures when an individual shares suicidal thoughts with them.

How To Discuss Suicide In Youth Group

<https://youthministry.com/discussing-suicide-youth-group/>

Provides key talking points for those considering developing a message around this important mental health topic.

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.

Campus Crusade – Suicide Prevention Resources

<https://www.cru.org/us/en/train-and-grow/life-and-relationships/hardships/suicide-prevention-resources.html>

A compilation of articles and tools CRU uses on campus.

Orange Blogs – Compilation of Resources

<http://orangeblogs.org/orangeleaders/2018/09/20/mental-health-suicide/>

Offers a wide listing of resources for intergenerational ministries.

YM Blog – Scary Stuff: Self-Harm – by Kurt Johnson

<https://youthministry.com/scary-stuff-part-3-self-harm/>

How to best respond to a student who confides about their self-harm and how you can be there for them and their parents.

How Does The Gospel Apply To Self-Injury?

Key Ministries

<https://www.keyministry.org/church4every-child/2016/8/23/how-does-the-gospel-apply-to-self-injury>

Offers a gospel-centric lens in which to find a young person tangible help along with spiritual guidance.

Four Reasons Kids Cut To Cope

Key Ministries

<https://www.keyministry.org/church4every-child/2016/7/19/four-reasons-teens-cut-to-cope>

Offers insight into why self-injury happens and what our response should be.

What To Do When A Student Self-Harms – Podcast

Orange Blogs

<http://orangeblogs.org/xp3students/rym-011-what-to-do-when-a-student-self-harms/>

Beyond Skin Deep: Responding To Kids Who Cut

Fuller Youth Institute

<https://fulleryouthinstitute.org/articles/beyond-skin-deep>



Resources For Teachers

The Fight Against Teen Suicide Begins In The Classroom

Brittni Darras | TEDxMileHigh

<https://www.youtube.com/watch?v=ofjRnIpXBF0>

TedxTalks

One teacher's guidance for other educators on talking about student suicidal ideation.

SAM App – Identifying The Language Of Suicide

<https://www.youtube.com/watch?v=rEY3rLFgEgw>

“Spreading Activation Mobile” or “SAM” is an app which offers individuals the opportunity to identify suicidality and mental health issues. Ideal for those who work with students and young persons to help them learn what to look for in order to promote healthy outlooks.

To read more, visit: <https://www.washingtonpost.com/news/innovations/wp/2017/09/25/teenage-suicide-is-extremely-difficult-to-predict-thats-why-some-experts-are-turning-to-machines-for-help/>

Tips For Talking About Your Mental Health

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

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

What to Do When A Student Self-Harms

We Are Teachers

<https://www.weareteachers.com/student-self-harm/>

The missing manual for understanding and dealing with students who self-injure.

Educators And Self-Injury

<https://educatorsandselfinjury.com>

Offers an eBook which hosts templates for protocol your school board can enact, along with how to communicate with parents.

Resources For Men

Heads Up Guys

<https://headsugguys.org/mens-depression/suicide/>

Site offers male-specific action steps.

Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

Suicide Prevention Resource Center

<https://www.sprc.org/populations/men>

Male-centered mental health resources.

Male Depression And Suicide: The Barbers Trying To Get Men To Talk About Their Mental Health

Channel 4 News

<https://www.youtube.com/watch?v=68Xq2gh-hQ4>

Face It Foundation

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

Your Head: An Owner's Manual PDF Resource

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

Resources For Teenagers Who Have Friends Who Struggle

Youth Suicide Prevention

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

Mayo Clinic

Teen's share their own stories.

Your Life Your Voice

[http:// http://www.yourlifeyourvoice.org/Pages/suicidal-thoughts.aspx](http://http://www.yourlifeyourvoice.org/Pages/suicidal-thoughts.aspx)

Offers a wide range of teen-focused articles, PDF tools, downloadable resources, and conversations on important topics, including suicidal ideation.

Stuff Mom Never Told You

<https://www.youtube.com/watch?v=XOTJ1Xh5IZw>

Offers clear, direct guidance that your mom may not have told you, especially on how to be a good friend to someone who has told you they have suicidal thoughts.

How To Help Someone Who Is Suicidal

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

The Psych Show

Offers suggestions on how to discuss the topic and several immediate actions you can take on their behalf.

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.

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