

**change your  
narrative**

**SOMETIMES I STRUGGLE  
WITH SUICIDAL THOUGHT,  
WHAT SHOULD I DO?**

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[www.ChangeYourNarrative.org](http://www.ChangeYourNarrative.org)

**Several 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

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**α**  
PRESS

SHIFTING INCOMPLETE STORIES  
OF SUICIDAL THOUGHT 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 either 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...**

It takes courage to begin a journey to seek wholeness. Though many of us will face individual struggles in our own life—there are some struggle which feel as if they have the power to take the pen and write our future.

But you are the author—not any pain, brokenness, or hurt of your past and present.

The goal of this book is to create an environment of support along with hosting resource and tools which guide you towards wholeness.

One question constantly pushes me towards the future.

I would ask you the same question:

WHAT IF YOU ONLY KNEW  
*the first half of your story?*

As you go through the next few pages, know I believe in your future and hope you find all of the tools you need to help you take action and fight back against self-harm calling the shots in your life.

Because your story—is far from over.

## Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action. Then, once you do find a path, it is difficult to walk it through to wholeness. Healing is not a one time event. It is a process. Throughout that process, there will be numerous obstacles. This side of the journey must be acknowledged. Yet, even with the challenge, I believe you have what it takes to make it through.

We are rooting for you, not only once you complete your journey, but every step through 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 Immediate Help:

Covenant House- 1800-999-9999

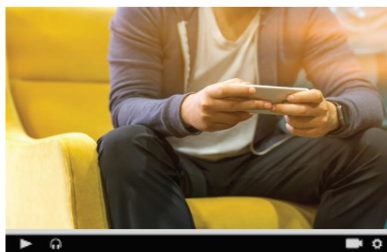
National Suicide Prevention Lifeline - 1-800-273-8255

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/6lRGmusmp1M>





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 mental, 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 occurs 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)

# 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, action, 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>

PLACE YOUR  
HAND OVER  
YOUR HEART,  
CAN YOU FEEL  
IT? THAT IS CALLED  
PURPOSE. YOU'RE  
ALIVE FOR A  
REASON SO DON'T  
EVER GIVE UP.  
-UNKNOWN AUTHOR

# **Is It Okay To Talk About Suicide?**

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm - be sure to consult with a professional immediately; or call 911.

## **Ways to reach out:**

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>



# **How To Talk About Suicidal Thoughts**

It can be scary to think about opening up and explaining what you are thinking and feeling. But, your story is worth sharing. Since the conversation is important, there are a few things you can do which will help it to be heard.

## **Prepare**

If you have the ability to, jot down a few bullet points—things you are thinking and feeling. It is okay to have those with you when you share. It can help you keep going and know what to say next.

## **Give Them A Heads Up**

You do not have to immediately come out with your most vulnerable thoughts and feelings first. In important conversations it can be helpful to frame what you want to share by saying things like, “I need to talk about something important, that might be difficult for me to say.” or “I want to share something but I am afraid you won’t understand—would you be willing to listen?”

## **Be Clear**

It is vital for you to be extremely clear on the extent of your thoughts and feelings. This means you need to specifically state any thoughts, intentions, plans or ideas about suicide. Comments such as, “I just can’t do it anymore,” “I can’t face another day,” or “I’m done”

do not capture the gravity of what you are thinking and feeling. For someone who is listening, they may not understand what you truly mean by such statements.

## Take A Healthy Action Step

Opening up about what you are thinking and feeling is the first step. If someone responds positively to you, ask them if you can take an action step together. This might mean talking to a loved one, finding professional guidance, calling a hotline together, or a range of other ways to seek wholeness.

The goal is to leave a conversation with a clear understanding of what you are going through, what your thoughts and feelings are and have been, and what healthy, next steps can be taken.

## How To Talk About It - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

# What To Share About Suicidal Thoughts

Just like the question, “When is it good to share?” Many might wonder exactly *what* to share. When there is a lot going on inside of the head and heart, it can feel overwhelming to quiet those enough to decide what to talk about.

Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.

But for starters, let’s consider a few key points.

It is good to share:

- What you think and feel right now.
- What you have thought and felt recently.
- What the source might be.
- What you would like to do next.

## What To Share? - Video Discussion



<https://youtu.be/H3Hrz6oZu-c>

**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**

# 4 Ways To Talk About Suicidal Ideation

If you are not in immediate danger or harm, and it is safe to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

## 4 ways to practice taking about suicidal ideation:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Proactive telling someone who cares about you.
- Practice telling someone who can be with you when you take action or consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

## How To Share? - Video Discussion



<https://youtu.be/23ju0VXirqk>

# Practice Telling Yourself The Story

## Why this is good:

You are 100% in control of telling yourself the story, giving it room to surface however you want, with whatever words you want. No one's reactions are part of your story coming to the surface.

## Why this might be hard:

- You may not know where to start.
- You might feel lonely afterwards.

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

## Practice Telling Yourself The Story - Video Discussion



<https://youtu.be/TbqAFnPpk6E>

# Practice Telling An Anonymous Advocate

## Why this is good:

You are building your courage to let your story be heard by someone else. This can give you confidence to know your story is not invalidated. Through this experience, you are learning how to share your story.

## Why this might be hard:

- You wish the connection could last.
- You wish they had given you more.
- Someone may not have been “in the game.”

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

## Practice Telling An Advocate - Video Discussion



<https://youtu.be/cciiuRCg2RI>

# Practice Telling Someone Who Cares About You

## Why this is good:

Sharing your story with someone who knows you and cares about you allows you to have a conversation with someone who understands your history. This can help you feel the most amount of support and validation.

## Why this might be hard:

Sometimes, those who care about us listen and hear us—while they are thinking about how it impacts them. The combination of their own thoughts and feelings might mean they do not react well, even though its important.

*For more, check out the video below.*

## Practice Telling Someone Who Cares - Video Discussion



<https://youtu.be/t6mVirQhbh0>



# Practice Telling Someone Who Helps You Take Action

## Why this is good:

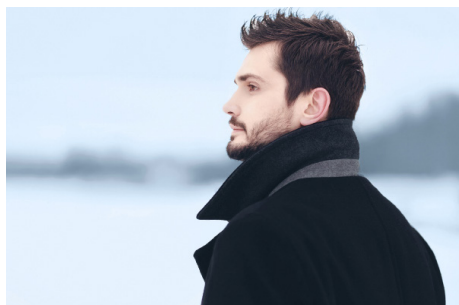
You might know it is time to take action and get a professional involved. This might mean a doctor, therapist, coach, pastor, or another trained, skilled individual. But, you may not want to do that alone. Involving someone who can be with you might help you to be able to move forward.

## Why this might be hard:

At times, it might feel as if they are pushing you past your comfort zone. Feel free to have a conversation with them letting them know how you feel.

*For more, check out the video below.*

## Practice Telling Someone & Take Action - Discussion



<https://youtu.be/shUSo1U1A2c>

**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



<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 your story with a support professional, you may believe the first thing they will do is prescribe talk therapy or medication.

This is likely to be true. If that concerns you, 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 your 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 your health and mental well-being.

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



<https://youtu.be/Vnch5AvmWAM>

# Who Would Want To Help Me?

Why someone would want to help an individual struggling with suicidal thought? I believe it comes down to the fact we see something you can't—your future, your pathway, and your value.

## Your Future

We have an intrinsic belief that as you walk a path of wholeness and healing—you have a future.

## Your Pathway

Trained advocates have studied to figure out what a pathway to wholeness and healing looked like. They want to offer tangible guidance.

## Your Value

They have a foundational belief—that you have value. When they speak with you—it is directly tied into a reason why they believe you matter, have importance, and that the outcome of your life is important to them.

## Who Would Want To Help Me? - Video Discussion



<https://youtu.be/xZNbZzgLyk>

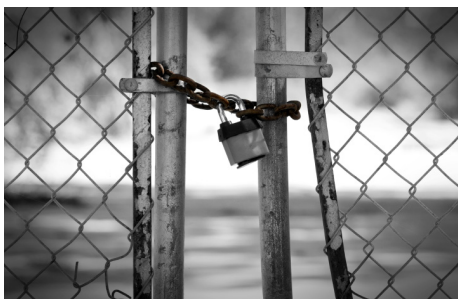
# The Obstacles In Seeking Help

It is fair to talk about the obstacles along the path, so we are not surprised by them. If you have faced one or all of the following—know that I hear you and I see you. I acknowledge the fact these moments can create tremendous setback or make it difficult to want to continue to fight for your wholeness. I can only hope you know you are not alone in that battle—and it is worth it 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 Seeking Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

# Building A Safety Plan

If you are taking a stand against suicidal thought, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps 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 against suicide 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://challengethestorm.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 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 to find it.

## The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

# Your Identity Goes Beyond The Struggle

In the core of who I am—I am convinced we are not 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 have faced a deep struggle or have been treated in ways you did not deserve, I believe this does not have to be the key identifier of what makes you—you.

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 your life. I believe you still have life in front of you and it is filled with the ability for hope, the ability to make a difference in others' lives, and the ability to go out there and have positive and meaningful impact.

## Your 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=ThTdIeKhcCY&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**

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**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.

## **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](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**

Brittini Darras | TEDxMileHigh

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

TedxTalks

One teacher's guidance for other educators on talking 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://headsupguys.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>

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=XOTJ1Xh5lZw>

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.

# 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)*



