

Dare To Hope – A Series on Mental Health

Week 3: Suicide & Grief

Suicide Warning Signs

NOTE: Suicide does not have specific causes; however, certain factors and behaviors can contribute to higher risks of suicidal ideation. Below is a list of some of these warning signs.

- Talking about wanting to die or wanting to kill oneself (Ex: *"It would be better if I wasn't here"*, *"I wish I had never been born"*, *"I'm going to kill myself"*)
- Recent trauma, life crisis, or change in life circumstances
 - Including any type of abuse, bullying, grief, parents divorce, etc.
- Feelings of hopelessness (*"Things will never get better"*)
- Extreme changes in mood
- Talking about feeling trapped or in unbearable pain (physical or emotional)
- Making statements regarding being a burden to others
- Withdrawal and isolation from others
- Increased risky, dangerous, or self-destructive behaviors

Resources

- These 24-hour hotlines/text options are for people who are in crisis or contemplating suicide. If you are experiencing thoughts of suicide, are concerned about a loved one, need referrals, or just want someone to listen, these resources are available 24 hours a day to provide support for any problem you may be facing:
 - **Indiana Crisis Hotline - (317) 251-7575**
 - **National Suicide Prevention Hotline - (800) 273-8255**
 - **Text HELPNOW to 201121**
 - **Text SAFE2TALK to 85511**
- Contact the Associate Pastor of Student Ministries at your campus. They will care for your family and provide you with next steps.
- Counselor Recommendations (for teens struggling with suicidal ideation):
 - Laura Benslay- 317-755-7442
 - Kathy Henry- 317-727-8939
 - Flora Crim- 317-569-5433
 - Sally Groff- 317-502-0330
- View a list of available resources (videos, sermons, articles, etc.) via the Resource Center on Grace Church's website:
 - <http://gracechurch.us/resources/resource-center/>