

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 151 – Christian and Suicide

Suicide & Crisis Lifeline number - call or text 988

Crisis Text Line number – 741741

The National Institute of Mental Health’s Five Steps to Suicide Prevention:

- 1) **ASK:** “Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
- 2) **KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
- 3) **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
- 4) **HELP THEM CONNECT:** Save the 988 Suicide & Crisis Lifeline number (call or text 988) and the Crisis Text Line number (741741) in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
- 5) **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown, the number of suicide deaths goes down when someone follows up with the at-risk person.

My addition: **TAKE ANY CRY FOR HELP SERIOUSLY.** Statistics show that many who are planning suicide make their desires known in little comments or subtle life-style changes. You may not hear it, but it’s likely a cry for help for someone to intervene. Edwin Shneidman says, “The prototypical psychological picture of a person on the brink of suicide is one who wants to and does not want to. He makes plans for self-destruction and at the same time entertains fantasies of rescue and intervention.”

If you have any questions around today’s episode, feel free to email me at: info@triczody.com