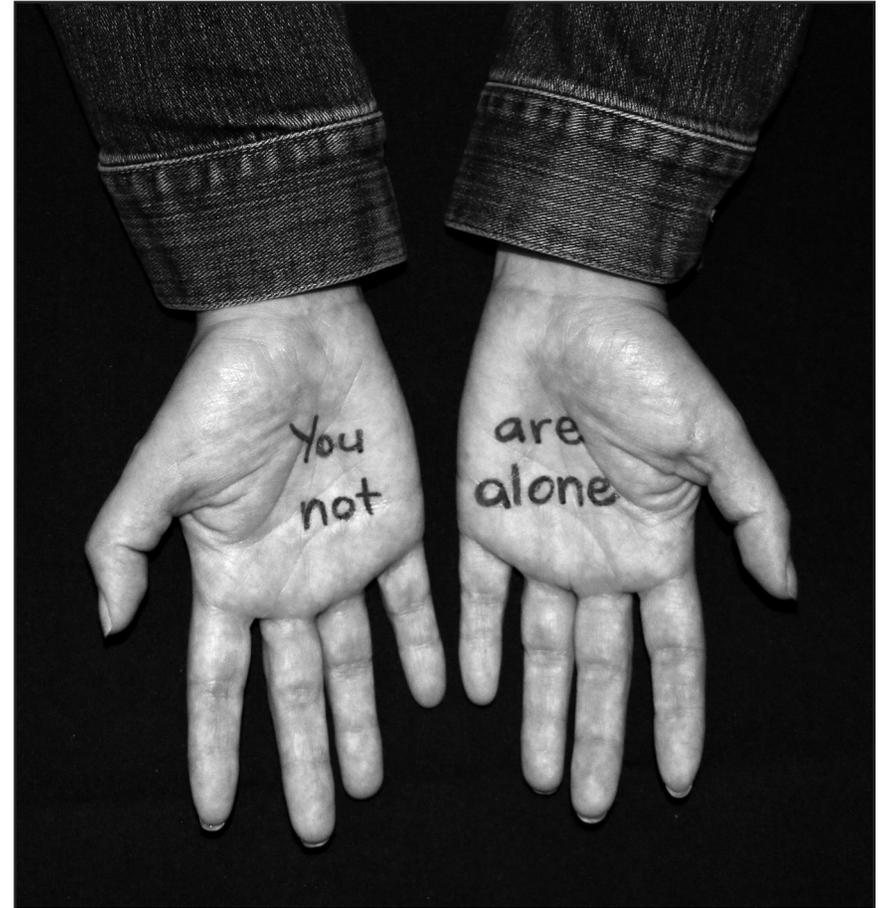


If you are contemplating suicide or
know someone who is,

GET HELP.

Call 911. Or, in the United States, call 1-800-273-TALK (8255);
in Canada, the Canadian Association for Suicide Prevention
(suicideprevention.ca) maintains an up-to-date list of
distress lines by province and territory.



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SUICIDE IS PREVENTABLE

Life is a precious gift from God. Suicide speaks to the tragic brokenness and pain in human life. Some people of faith believe that suicide is an unforgivable sin, but Scripture teaches that nothing, including suicide, can separate us from the love of God in Christ Jesus our Lord (Romans 8:38-39). People who attempt suicide need support, love, and therapy, not condemnation. The church is challenged to address the value of life, to speak realistically about the pain in people's lives, and to offer hope in Christ's presence and strength.

The following signs may indicate someone is at risk for suicide.* (The risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.)

- Talking about wanting to die or to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Acting anxious or agitated
- Behaving recklessly
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Giving away personal items
- Changing suddenly for the better or worse

The Mental Health Task Force of CRC and RCA Disability Concerns has curated a number of resources on suicide prevention, intervention, and postvention. Find these by visiting www.rca.org/disabilitysunday or www.crcna.org/disabilityweek.

**Adapted from the National Suicide Prevention Lifeline wallet card, "Learn the Warning Signs."*



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