

God Chose YOU with Forgiveness

Suicidal Thoughts & Behaviors

Hand out fact sheets on suicide awareness and recognizing important risk factors.

Display information with crisis hotlines and survivor of suicide support groups in public places.

"Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love..."
Psalm 33:18

Plan an educational event during suicide awareness and mental health awareness month.

Go to the hospital with someone who is seeking help with suicidal thoughts.

Participate in a suicide awareness event like a walk.

Create a list of coping skills and activities you can do instead of engaging in suicidal behaviors.

Celebrate the life of someone who survived after engaging in suicidal behaviors.

Celebrate the hope and healing we have in Christ.

Bring in a speaker to speak on the warning signs of suicide and how to provide help to those contemplating it.

Instead of promising to keep a secret, strongly encourage someone to seek help if they tell you they are having thoughts about dying.

#LifeWeek2022

