



When an Individual Talks About Suicide

Ask these two questions: (Do not fear you are planting the idea of suicide in their mind)

1. Are you having suicidal thoughts? *If they say "YES," then ask,*

- Ask questions to try to discern if the person is truly suicidal/contemplating ending their life OR expressing feelings of sadness/tiredness but without any intent or thoughts of ending their life.

2. Do you have a plan and means to take your life? *If they say "NO,"*

- Encourage them in the truth of God's word, pray with them, set up a time for them to meet with you, your co-leader and their mentor.
- Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time.
- When you meet, ask the mentor to be on point for a more comprehensive plan to care for them.
 - The goal is to set up a support system so that they are not solely dependent on any one person.
 - You want to encourage them to take steps to begin living biblically-being encouraged by scripture, stepping out of isolation, etc. The plan would include:
 - Making a phone list of people for the individual to call in times of struggling with suicidal thoughts.
 - Getting them connected with people to reach out to.
 - Have them make a verbal or written commit to you that they will:
 - Call 911 if they are in danger of harming themselves.
 - Call the list of people when they are not in danger of harming themselves but having thoughts of suicide.

If they say "YES" to both questions one and two, IMMEDIATELY call 911.

- Tell them that because we care about them, we have to call 911. Not only do we have a legal responsibility to call 911 when someone has a plan to take their life, we do not want to take a chance with anyone following through with the threat.
- Ask the individual to make a commitment to you NOT to take any harmful action.
- If you are on the phone, tell them to remain on the line while you call 911.
- Contact their mentor or emergency contact to bring others into the situation.

If you are physically with them, try to keep them with you until help arrives.

Remember, God is in control. You do not have the power to prevent someone from taking their life. Your role is to:

- Call 911 in emergencies to get them the medical help they need.
- Point them or introduce them to Christ.
- Help set up a plan of support, or ask their mentor take point on developing this plan.
- PRAY.

Plan of care for suicide (Example: Jane Doe)

Initial Urgent Assessment	<p>If you are concerned someone is suicidal, ask these two questions:</p> <ol style="list-style-type: none"> 1. Are you having suicidal thoughts? If they say "YES," then ask, 2. Do you have a plan to take your life? If they say "YES" to both questions (and have the means to carry out the plan - for example, they own a gun and say they're going to shoot themselves), immediately call 911. <p>If they say "NO" to having a plan to take their life, but are having suicidal thoughts:</p> <ul style="list-style-type: none"> • See if they are a believer...if not, share the gospel with them. If they are a believer, encourage them in the truth of God's word, pray with them, set up a time right away to meet to develop a plan of care for support. See below for issues to address in this meeting. • Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time and make sure they have a list of a couple people to call in case they are struggling.
Emergency Support	<p>Help Jane to identify people she can call and talk to when she is struggling with suicidal thoughts. Develop an emergency call list.</p>
Suicide Contract	<p>Talk with Jane about verbally agreeing to a suicide contract which states she will call those individuals prior to attempting suicide. Each person on that emergency list should be educated regarding when to call 911 (if she has a plan and the means to carry it out).</p>
Daily Support <i>Development of a 30, 60 or 90 day plan (depending on the situation)</i>	<p>Assist Jane in developing her own recovery plan for the next 30 days. This plan should include something to do every day for 30 days. The purpose is to give them daily support while renewing their mind with truth. Part of this plan should include a major recovery ministry as a second layer of support beyond a community group (like re:generation, Shelter or MenD) For example, Sunday may be going to church, Mondays may be coming to re:gen, Tuesdays may be going to the Porch, Wednesdays might be having dinner with a Christian friend, Thursday might be Bible study, etc. Get back together after 30 days to determine the need for the next 30 days.</p>
Community/Friends	<p>Be thinking..."How can I put layers of support around this person?" Encourage Jane toward building friends/community around her</p> <p>*Assist Jane in getting connected with any individuals that might be of additional support. For example, if they are really struggling with the death of a parent, we can find someone who has been there that would be willing to meet with them and encourage them.</p>
Discipleship	<p>Develop a plan to help Jane with her relationship with the Lord. Help her to develop a plan for spending time with God, journaling (this is very helpful for people) and whatever else stirs her affections for the Lord.</p>
Serving	<p>Helping Jane find a place to serve (even if just greeting) that will help her to focus less on herself and start looking outside herself.</p>
Communication with community	<p>Keep all friends caring for Jane updated on communication regarding her progress. We want to all be on the same page on how to love and care for Jane.</p>
Any other pressing burdens...	<p>*Financial problems, helping with job loss, unhealthy relationships *Potentially needing a medical evaluation or reevaluation of current medication plan.</p>

NOTE: If through this process you determine they are not suicidal, but have shared that as a cry for help, communicate that you want them to be open about their struggles of sadness but how serious we will always take it when someone talks about ending their life. Their life is valuable and we will take every threat very seriously.

