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## Suicide Prevention Training

### What to do

- Free them to share their darkest thoughts (by being direct and asking them questions)
- Explore meaning and purpose
  - Personal *giftings*
  - God's *purpose*
  - *Relational impact* of suicide:  
"MY life would never be the same if ..."
- Lament
  - God is *acquainted* with suffering
  - Suffering is *not good* and it's ok to talk to God about it
  - Use the *Lament Psalms* (6, 13, 22, 38, 39, 55, 69, 77, 88, 143) and many more
- Pray with and for them
  - Use God's words
  - Express their pain in *"we" language*
  - Express *your faith* in God's hearing and character on their behalf
- Hope
  - Hope is a *noun*
  - *Borrowed faith* - hope on behalf of another
- Truth
  - Speak *true words* - identify with suffering
  - Speak true words - about *God*, the future, their worth
  - Avoid *simplistic platitudes*
- Offer them opportunities to *belong*
  - Send note / call to check in / visit / *follow-up*
  - Engage them with *others* who will do this *faithfully*