

# Suicide

Home Huddle is meant to be an opportunity for families to talk about their faith together. Scripture and multiple research studies affirm that parents and grandparents are the #1 faith role models in a child's life. We know life is busy, but we still encourage families to take time to grow in faith together. Complete/talk through the 'Faith 5' (Share, Read, Talk, Pray, Bless) below as a family. Then sign and return this page at the beginning of the next class.

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**SHARE** Highs and Lows of the day/week



**READ**

Memory Work: Psalm 42:1, 5-6a

King David experienced times of depression and darkness. But he always trusted in God and praised Him as his help. Read the memory verses in your Bible. Circle/highlight the phrase, "Hope in God".



**TALK**

1. What are some of the warning signs that someone may be thinking about hurting themselves?

2. What should you do if you see a friend/someone at school showing any of the warning signs of suicide?



## PRAY

for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



## BLESS

one another with the sign of the cross and these words:

(Name), child of God, may you always find hope in the midst of darkness.  
Amen.

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Student First and Last Name: \_\_\_\_\_

(Please print so we can read it!)

Parent Signature: \_\_\_\_\_

## Suicide +

During the “Hot Topic” Unit, we will be covering some big issues. Following each lesson, families are encouraged to continue the conversations from class by using Home Huddle+. Parents can also find a list of resources that may be helpful if there is a desire to further explore the topic. These pages do not need to be returned as they are intended to be tools for families to use together.

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### TALK (Further Discussion Questions)

1. Read through the following guidelines for talking to someone about suicide. If a friend shows any of the warning signs, don't be afraid to start a conversation using the Ask, Listen, Help model.

#### ASK

“Are you thinking of suicide or have you been thinking about suicide?”  
If they say yes,

#### LISTEN

Just listen. Try to understand. Do not give solutions. Validate the person's experience and feelings fully. Tell them you care and are concerned about them and they are not alone. Then,

#### GET HELP

You do not need to do this alone. In fact, your friend needs professional help. Bring them to a trusted adult, mental health professional or school counselor. Go together if you can. While they may promise they feel better after talking with you, **YOU STILL NEED TO SEEK HELP**. Often a person having thoughts of suicide feels embarrassed or ashamed. They don't realize that treatment can help them overcome these feelings. Connecting your friend to someone who can help can save their life



### EXPLORE (Resources)

## Hotlines: Trained counselors available 24/7

- Anytime there is an immediate fear of harm, **call 9-1-1**
- National Suicide Prevention Hotline  
Call 1-800-273-8255  
Text “MHFA” to 741741  
Chat Online at <https://suicidepreventionlifeline.org/chat/>
- Substance Abuse and Mental Health Service Administration’s (SAMHSA) Disaster Distress Helpline  
Call 1-800-985-5990  
Text “TalkWithUs” to 66746

## Websites

- <https://www.suicideispreventable.org/>  
[Interactive website with information about warning signs, words to say, and how to get help with suicidal thoughts]
- [https://www.amazon.com/Not-Alone-Jacqueline-Monetta/dp/B075DG46J7/ref=sr\\_1\\_3?dchild=1&keywords=not+alone&qid=1616526894&sr=8-3](https://www.amazon.com/Not-Alone-Jacqueline-Monetta/dp/B075DG46J7/ref=sr_1_3?dchild=1&keywords=not+alone&qid=1616526894&sr=8-3)  
[*Not Alone* documentary shown in Confirmation class. It is available to view on Amazon Prime]
- <https://suicidepreventionlifeline.org/>  
[In addition to providing emergency counseling, the Suicide Prevention Hotline website also offers lots of resources]
- <https://sptsusa.org/>  
[The Society for the Prevention of Teen Suicide hosts a website with tons of information for parents and students.]



## DO (Practical Ideas)

- Talking about suicide DOES NOT increase one’s risk of self-harm. Don’t be afraid to say something.
- Be aware of some of the F.A.C.T.S. warning signs of suicide in teens:
  - o F.EELINGS - Expressing hopelessness about the future.
  - o A.CTIONS - Displaying severe/overwhelming pain or distress.
  - o C.HANGES - Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.
  - o T.HREATS - Talking about, writing about, or making plans for suicide.
  - o S.ITUATIONS - Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.