



Suicide

New Thoughts For Those Who Are Thinking About Ending Their Life

At times living can become painful and problems can seem overwhelming, even hopeless. At these times we may wonder about suicide as a way to end this pain.

The pain of living can come from many sources:

- Breakup of an important relationship.
- Becoming unemployed or being unemployed for a long period of time.
- Problems with drugs and alcohol.
- Loneliness.
- Actions and comments by others that are hurtful.
- Actions and comments we feel guilty about.
- Not being able to do what we were able to do before.
- A major loss we feel we cannot get through.
- Any problem for which we cannot see a solution.

When experiencing overwhelming pain your thinking can become narrow or distorted. Suicide may seem to be the only solution. Although the pain you feel is intense and you fear that it may be this way for a long time, you need to know that it *will* decrease.

If you are feeling this way:

- Tell a relative, clergy, counselor or any person that you feel you can talk to.
- If you feel no one is available to you, phone a crisis line. The numbers are usually listed in the phone book on the first few pages.
- Write down your feelings. Writing can be "therapeutic" and many people report that while writing they started to think about alternative solutions to their problems.

- Set small goals. At times when our thinking becomes constricted we set goals that are almost unachievable. Then we feel worse when we cannot meet these goals.
- Recognize that this is a rough time now and that you will need to be kind to yourself.
- Exercise, even a 30 minute walk, can help when we are feeling down. Depression often involves biological as well as psychological and social factors. Exercise helps to address some of the biological factors.
- Postpone any decision to end your life. There is no reason that you have to make that decision now. Many report that by postponing a decision to die they found that life changed, they got the help they needed and went on to live fulfilling lives.

When we are feeling down it is easy to forget how important we are to other people. It is important to keep this in mind, even when our problems are overwhelming.

**Remember:
You only get to decide once.
No problem is worth dying for.**