

6 Things You Can Do Today to Prevent Suicide

(by Randi Jensen, MA, LMHC, CCDC, based on 6 myths about suicide. **More information can be found at www.jsp3.org or in the book, “Just Because You’re Suicidal Doesn’t Mean You’re Crazy”.**)

1. The myth that suicide is a short term decision. – **TRUTH: Suicidality is a continuing progression of thought driven by feel good endorphins. It is a long-term coping mechanism. TODAY YOU CAN...not admonish them but tell them it is not their fault. Help them understand how their suicidal thought has progressed over time based on conditioned response to the relieving thoughts of “not being here”.**
2. The myth that suicidality is depression and that all suicidal people are sad. – **TRUTH: Suicidal people try very hard to lead a normal life. They have a life undulating between sadness and joy, like everyone else. TODAY YOU CAN...believe them, be calm, reassuring, and withhold acting in the extreme when they tell you they are thinking of suicide.**
3. The myth that suicidal people selfishly choose to kill themselves. **TRUTH: Suicidal people have no idea why they cannot stop thinking about suicide. TODAY YOU CAN...remind them it is not their fault. It is neurobiological and it can be remedied by retraining the brain.**
4. The myth that the end to suicidality is mind over matter. **TRUTH: When suicidal people understand what is going on in their brains neurobiologically, they are free of shame and blame and can understand what they need to do to live. TODAY YOU CAN...explain to them the answer is in a mutual effort to help problem-solve and retrain the brain. You have resources and can help (www.jsp3.org).**
5. The myth that suicidal people do not tell anyone they are suicidal. **TRUTH: Suicidal people always tell someone somehow. TODAY YOU CAN...Listen. Keep an open mind and a nonjudgmental attitude so people will be inclined to confide in you.**
6. The myth that faith alone will end suicide. – **TRUTH: Faith in a higher power is a powerful benefit but without efforts to problem-solve and retrain the brain, their suicidality will disable and continue to plague them. TODAY YOU CAN...aid their salvation by helping them combine the power of faith with the committed peer support of the JSP3[®] (Jensen Suicide Prevention Peer Protocol). Help them not fear their suicidality, but understand it and learn how to retrain their brains (www.jsp3.org).**

References

National Center for Injury Prevention and Control. (WISQARS): www.cdc.gov/ncipc/wisqars

<http://forums.psychcentral.com/depression/10363-coping-suicide-ideation.html>

Center for Disease Control and Prevention, <http://www.cdc.gov/ace/findings.htm>

<http://forums.psychcentral.com/depression/65258-suicidal-ideation.html>

Jensen, R. 2012. *Just Because You’re Suicidal Doesn’t Mean You’re Crazy: The Psychobiology of Suicide.*

http://www.helpguide.org/mental/suicide_help.htm

http://my.clevelandclinic.org/healthy_living/stress_management/hic_warning_signs_of_emotional_stress_when_to_see_your_doctor.aspx

Download to your E-reader or as PDF to your computer at

<http://www.smashwords.com/books/view/209400>

or for Kindle or paperback from Amazon.com at

<https://www.amazon.com/Because-Youre-Suicidal-Doesnt-Crazy-ebook/dp>

