

Hello and Welcome

Let's start with a prayer.

Jesus, I pray that every word spoken be anointed by the Holy Spirit. I pray for any listener that has suffered the loss of a loved one or friend to suicide. I pray for all those listening today that may be thinking thoughts of suicide. I pray that they will hear words of hope and be motivated to seek help, but most of all that they will ask God to help them. I also bind the unclean and evil spirit of suicide from continuing to attack and deceive the minds and spirits of people with satan's lies and deceptions. For what I bind on earth is bound in heaven. In Jesus name, Amen.

First of all I want you to know that it is NO accident that you are listening to this broadcast. Do not change this station and do not turn your radio off. The information I am going to give you today just may save your life or the life of someone you love.

My topic today is the subject of suicide, the prevalence of suicide in today's society, some warning signs of suicidal intentions, common myths about suicide, who are at high risk, and suicide prevention.

Many of the facts and figures that I will be giving you comes from the Jason Foundation website, the CDC, the National Institute for Mental Health, the American Foundation for Suicide Prevention, and Wikipedia.

However, I will begin with my own experience. I have shared before that my first husband passed away when I was 34 years old. He had been critically ill for five years before he passed. So I found myself at 29 years old being the only support for my 3 children and a very sick husband. I sometimes worked 2 or more jobs and went for long periods of time without a day off. I was mentally and physically exhausted most of the time.

So when my husband passed, I still had to provide for my children and pay my mortgage and keep up two jobs, but now I was in deep grief and despair. I did not eat and in six weeks I only weighed 98

pounds. I could not sleep, even with medication, I still only got a few hours a night. I started having panic attacks and was inconsolable. I cried all the time and went through life like a zombie. There was no joy in anything. I had this pressure on my chest that I just could not shake. I felt lost and hopeless.

I went to grief counseling. I talked to my family doctor. I used medications. I prayed and went to church, bible study, and listened to Christian radio in my office at work.

People told me that I would feel better in 90 days, or six months, or it may take a year, but I would heal. It will just take time.

Well it was approaching the one year anniversary of my husband's passing and I did not feel much better. If anything, I sunk into deeper despair, because this is when I was supposed to start feeling normal again, but I didn't.

The emotional pain, the lack of sleep, the pressure to provide for my children, and a poor diet, all began to overwhelm me and I saw no hope, no joy, no future worth living.

School was out for the summer and my children had gone to stay with my parents about two hours away. I was home alone one night and my best friend called me. I explained to her how exhausted I was and that I just did not know how much longer I could continue to live like this. I told her I was in so much pain and I was so tired that I could just go to sleep and not get up.

Well thank God for a friend that was not just listening with her ears, but she was listening with her heart. She became concerned and knew I needed more help.

She contacted my supervisor at my workplace and shared her concerns. My supervisor came into my office that day and talked to me. He told me about a program that my company provided and he said he had arranged for me to take some time off and participate in this program.

I was sent for three days to a luxury hotel and had one on one meetings with a psychologist. We discussed many strategies to manage my grief and my stress more effectively.

One strategy he recommended was to volunteer and help others with their problems. Realizing that there were people who were in even more disparate situations than myself was empowering and it made me grateful for the blessings that I did have.

So I started looking for a volunteering opportunity. On my way to work I saw a billboard that was asking for volunteers at the Crisis and Suicide Hotline. I said to myself, I have been through my share of crisis's, feeling hopeless, and deep grief, but I have survived and now it was time for me take all that pain and give it a purpose.

You see Jesus does not waste anything. What satan designed to steal, to kill and to destroy you with, Jesus will take and use it for good.

So I contacted the Crisis and Suicide Hotline and offered to volunteer. They said I would have to attend a class and become certified and then I would be allowed to take calls. In these classes, which last about a month, I learned a lot about this very devastating, but preventable "Silent Epidemic" called suicide.

I think almost everyone has been touched by the heartbreak of suicide. May be it was someone in your family or a friend or a co-worker or even in your church.

No one is immune. Don't think that it can't happen to me or my child or my family. Please listen to my information, write down the suicide prevention phone numbers, go to the websites, get help for yourself or a loved one. Do not become another sad suicide statistic.

I want to start by sharing some really alarming facts about suicide.

- Suicide is the **SECOND** leading cause of death for ages 10-24.
- Suicide is the **SECOND** leading cause of death for college-age youth and ages 12-18.

- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- Each day in our nation, there are an average of over 3,069 attempts by young people grades 9-12
- **Four** out of **Five** teens who attempt suicide have given clear warning signs

Suicide is the 10th leading cause of death in the US.

In 2017 over 47,000 Americans died by suicide

Also, over a million people attempted suicide

There are about 129 suicides per day

There are more than twice as many suicides in the US than there are homicides

Military veterans have double the suicide rate of non-veterans

In 2009, a US Army report shows that more active-duty soldiers have died from suicide than in COMBAT in the Iraq War (2004-2011) and the War in Afghanistan (2001 to present) combined!

Here are some warning signs of suicidal thoughts or intentions:

4 out of 5 give warning signs, that an opportunity to assist 80%

People who talk about or make suicide threats or attempt suicide

Suicide threats are not always verbal, but text messages, twitter, or social media

An obsession with death: writing essays, poems, or artwork about death

Depression, sudden mood or personality changes, expressing hopelessness and despair, lack of interest in life, aggressiveness, withdrawal from relationships, lack of hygiene, changes in eating and sleeping habits

Appear to be making final arrangements by giving away prized possessions, putting affairs in order, saying good-bye to family and friends, even making funeral arrangements

Recent major losses, abusing drugs or alcohol, parents separated, physical complaints, loss of energy, long-term chronic pain, can't focus, reckless behavior, bullying, shame, guilt, or rejection

Here are some common myths about suicide:

People who talk or threaten won't really do it.

My teenager is just behaving like a typical teen

That a person determined to commit suicide can't be stopped

People who attempt suicide are just wanting attention and not serious

Remember suicide is preventable if we pay attention. If you are a parent, a teacher, a friend, a co-worker, or a pastor and you suspect that someone is overwhelmed with their circumstances and directly or indirectly crying out for help, then DO something. Be prepared to act, get them professional help, don't hesitate.

People don't really want to die. They just want to stop the Pain!

If you are in crisis please call the toll-free suicide prevention hotline at 1-800-273-8255 available 24 hours a day, 7 days a week. Service is available to anyone and all calls are confidential.

I will have this phone number and some helpful websites located on my website DeborahLane.org.

Now please pray the prayer of salvation with me.

Jesus I confess I am a sinner. I repent of my sins. Please forgive me. Jesus come into my heart and be my Lord and Savior. In Jesus name, Amen.

Thank you and God bless.