

# All Bottled Up

Elder Vernis J Stanaland

## II Corinthians 1:8

*<sup>8</sup>For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life:*

Every year, 1 million adults report making a suicide attempt, according to the U.S. Centers for Disease Control and Prevention (CDC). Worldwide, 800,000 people die due to suicide every year, according to the World Health Organization (WHO).

We may not understand why, but sometimes people reach such depths of despair that they believe that they and the world would be better off if they were dead. Suicide may seem mysterious, but it many times it can be prevented by being aware of warning signs and taking the appropriate actions to assist.

## Suicide Statistics

According to the American Foundation for Suicide Prevention (AFSP), over 44,000 people try to commit suicide each year in the United States. In 2015, suicide was **the second leading cause of death** in people 15 to 34 years of age and third leading cause of death in children aged 10 to 14, according to the CDC. They also reported this year that the rate of suicide has rose steadily from 1999 to 2016 by 25% across the nation.

**There were over twice as many SUICIDES than HOMICIDES in 2016.**

According to the CDC, 77 % of U.S. suicides are completed by men. This disparity is partially due to men choosing more lethal means to kill themselves. Women are actually more likely to ATTEMPT suicide.

# Suicide Warning Signs and Risk Factors

**DRUG USE:** In 2015, the majority of those that committed suicide had alcohol or drugs in their system including anxiety medications such as Valium and Xanax; and opioids including prescription pain medications and illegal drugs. **Chronic opioid use doubles the likelihood of a suicidal incident.**

**FAMILY HISTORY:** People with a family history of suicide, childhood tragedies, or who have impulsive aggression are more likely to commit suicide themselves.

**SOCIAL SITUATIONS:** Stressful situations such as bullying, relationship conflict, health problems, and unemployment are among a few that can increase risk.

**MEDIA:** Suicide can also be contagious, which is why suicide prevention groups advise that media reports about suicide avoid sensationalism or descriptions of the act. The 2017 Netflix's series "13 Reasons Why" was accused of being the cause of several suicides.

**MENTAL ILLNESS:** Individuals diagnosed with illnesses such as Clinical Depression or Bipolar Disease are at higher risk of committing Suicide.

## **Immediate warning signs that someone may be in a suicidal crisis include:**

- Feelings of hopelessness or desperation
- Insomnia
- Panic attacks
- Social isolation
- Irritability
- Rage
- Feelings of being a burden

## **Suicide Prevention & Resources**

Each year, World Suicide Prevention Day is September 10. While this day is important to bringing about awareness, any day is a good day to help others who may be struggling with hopeless thoughts or depression. Between 50% and 75% of people who attempt suicide talk about their suicidal thoughts, feelings and plans before the act, according to the AFSP.

Many suicidal people struggle with mixed feelings. "They want to live, they want to die"

Suicidal people need to understand that suicide is a permanent and irreversible solution to temporary problems. Many people view suicide as a taboo subject. It often takes several attempts before the person admits to having thoughts of suicide but many acts can be prevented with immediately and open conversation takes place. Dr. R. Albert Mohler Jr., the President of Southern Seminary and Boyce College, writes:

*Christians and Christian churches often find a discussion of suicide to be embarrassing and awkward, and furthermore, we're always worried about the danger of speaking about suicide in such a way that it raises the issue at a very moment of vulnerability for someone who may be in a moment of spiritual or mental crisis. But here's where we have to understand that biblical Christianity doesn't run from the problems, it identifies that problem. Out of love of God and love of neighbor, we are driven to talk about these issues and to seek to*

*understand them not merely so that we can have an accurate, intellectual picture of the world around us, but so that we can be sensitive to human needs which are also all around us.*

*If any place should be safe for Christians to say, "I'm in trouble and I need help," it should be the church of the Lord Jesus Christ. If anyone should be a safe agent to which a neighbor or a friend can come and say, "I need help," it should be a Christian because it's a Christian who understands that help is indeed needed, that every single human being is indeed broken, that there is no ultimate rescue other than the gospel of Jesus Christ, and that in a broken world we're going to see full evidence of brokenness all around us and within us. It's also Christians who have to press even further and understand that life, every single human life is God's gift, that God is the sovereign creator and author. He is the Lord of life and that it is an active betrayal to the creator to depreciate, or to devalue, or to take our own life.*

It is also important to realize that if the threat is immediate, do not leave a suicidal person alone, and remove drugs, sharp objects and firearms. Access to lethal means during a suicidal crisis is a major risk factor for suicide. Call 911 or emergency room for help.

Here are some resources for those suffering from suicidal thoughts and those that want to help them:

**I want to commit suicide, I have a plan and I don't think I can stop myself.**

Call 911. Don't worry, you won't be arrested. The 911 operator will get you the help you need. Typically, someone with training in suicide prevention will come to your location, talk to you, and help you with a plan that will keep you alive.

**I have no one to talk to about my feelings.**

Remember, even if you don't feel like there's someone who wants to listen, there is. You can call the National Suicide Prevention Lifeline at 800-273-8255. They are available 24 hours a day and you don't have to tell them your name. They are there to listen and to help. The National Suicide Prevention Lifeline also has an online chat that is available all day, every day.

The National Suicide Hotline also lets you text your feelings to someone who cares. Text CONNECT to 741741 and a trained crisis counselor will text back. The counselor is there to listen and help you create a plan to keep you safe.

**I am being abused and I feel like I have nowhere to turn.**

If you are in immediate danger, call 911. If you need someone to talk to or to help you come up with a plan, call Safe Horizon at 866-621-HOPE (4673).

**I've been sexually assaulted and feel like my life is over.**

The Rape, Abuse & Incest National Network (RAINN) offers help to those who have been affected by sexual assault. You can call them at 800-656-HOPE (4673) or start a live chat on their website.

**I don't know if I would call myself suicidal, but I am depressed and I'm having some dark thoughts.**

Suicide Prevention Services of America have a line you can call that is focused on those with depression at 630-482-9696.

## **What should I do if I see a friend post on social media that they may want to take their life?**

Communication is key, and love and understanding come first. Let your friend know that they are not alone. Contact teachers, coaches, and other adults in your friend's life to let them know that your friend needs help. Also, don't hesitate to access professional help.

## **What are some resources that can help a parent whose child may feel suicidal?**

The Society for the Prevention of Teen Suicide has a great online resource for parents who think their child may be at risk.

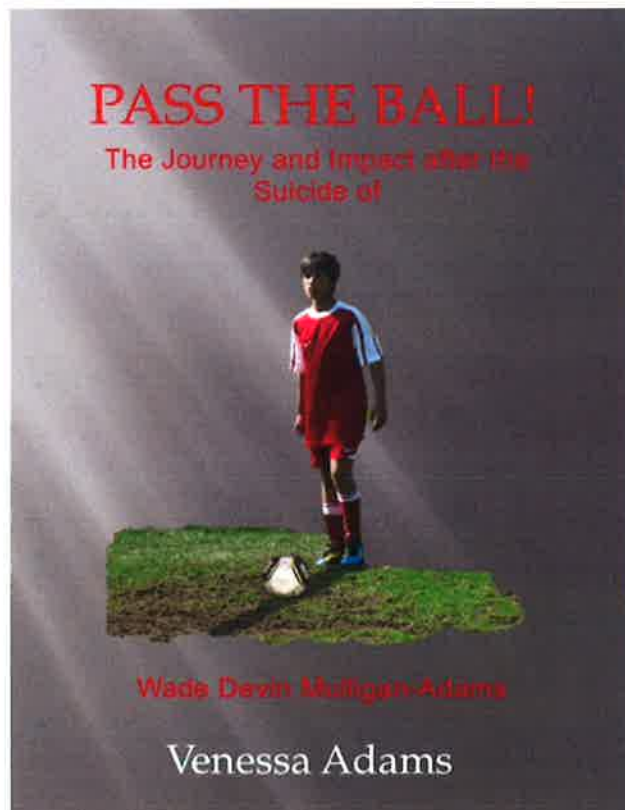
**For immediate help, call the National Suicide Prevention Lifeline at 800-273-8255.**

## **Consequences of Suicide**

Suicide may seem like the “easy” way out for the one that commits the act. But, the family that is left behind to bear the heartache of the loss are the victims of such a selfish incident. Families are forced to deal with the aftermath for the rest of their lives. Suicide affects a family for generations.

**Suicide is a permanent and irreversible solution to temporary problems.**

Excerpt from the introduction of the book “Pass The Ball!”



“So here I am, writing about the journey that a grandparent, a mother, a father, a brother or sister, an aunt or uncle, a cousin, a nephew or niece or a friend has to walk, after a choice of suicide has been made”

“...today I ask you our children to remember that **‘SUICIDE IS NOT AN OPTION, it’s a DEVASTATION THAT LEAVES BEHIND TOTAL CHAOS’**, ask me and my family, we are living proof of this deed...”

Venessa Adams

## **We all get bottled up in life...**

### **Apostle Paul**

II Corinthians 1:8 *For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life:*

### **Job**

Job 10:1 *My soul is weary of my life; ...*

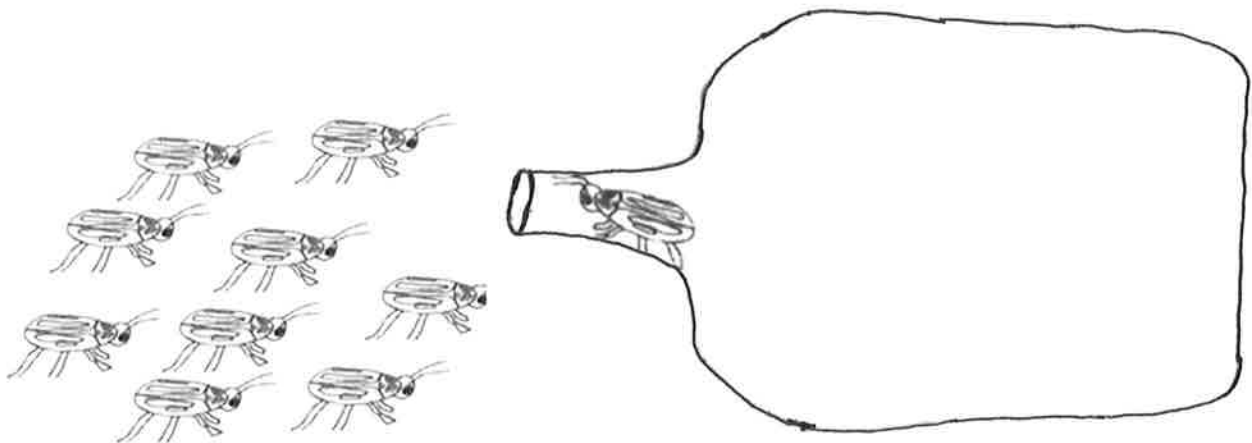
Job 23:1-4 *<sup>1</sup>Then Job answered and said, <sup>2</sup>Even to day is my complaint bitter: my stroke is heavier than my groaning. <sup>3</sup>Oh that I knew where I might find him! that I might come even to his seat! <sup>4</sup>I would order my cause before him, and fill my mouth with arguments.*

### **Jonah**

Jonah 2:5 *The waters compassed me about, even to the soul: the depth closed me round about, the weeds were wrapped about my head.*

## **GOD'S DELIVERANCE!**

Isaiah 42:16 *And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.*



## Elijah

I Kings 19:4 *But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.*

I Kings 19:18 *Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.*

## The Impotent Man

John 5:5-8 <sup>5</sup> *And a certain man was there, which had an infirmity thirty and eight years.*  
<sup>6</sup> *When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?* <sup>7</sup> *The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.* <sup>8</sup> *Jesus saith unto him, Rise, take up thy bed, and walk.*

## Charles Schulz

The sad, wonderful and complicated life of the creator of Peanuts with Charlie Brown and Snoopy.

## Chosen to Cheer and Clap

God gives us all a place in life



***“Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.”***

**Psalm 31:24**