



## **SPIRITUAL LEADERSHIP CONFERENCE 2023**

**Title:** Counseling Suicidal Individuals and Their Families

**Speaker:** Dr. George Crabb

*“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart.” (Jeremiah 29:11-13)*

**Introduction:** \_\_\_\_\_  
\_\_\_\_\_

### **PART ONE: SUICIDE**

#### **1. What Is Suicide?**

**QUOTE:** “The word ‘suicide’ is without a doubt one of the most dreadful expressions in the English language. People wince at the sound of it and avoid using it to describe the tragic death it implies. Leprosy and cancer are spoken of in the same hushed tones. And yet it must be faced squarely and discussed openly because it has become one of the leading causes of death among both the young and the very old in this country. No one can be sure of the exact figures because suicides are deliberately misreported and misdiagnosed as an accident. My own personal experience with it is still a nightmare. The death of my nineteen-year-old daughter, Diane, after experimenting with LSD, changed my life and the lives of everyone in my family. We still find it difficult to understand or discuss.” – **Art Linkletter (1993)**



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2. \_\_\_\_\_ **Suicide**
3. **Some** \_\_\_\_\_ **And Misconceptions**
4. **US Suicide Statistics (afsp.org/statistics)**
5. **Why Do So Many People Take Their Own Lives?**
6. **What Do All These People Have In \_\_\_\_\_ ?**
7. **Suicide, Alcohol and Drugs**
8. **Suicide** \_\_\_\_\_
9. **What Are We To Think Of Suicide?**
10. **How Can We Respond To Suicide?**
11. **Suicide** \_\_\_\_\_
12. **Suicide Assessment**
  - A. **A Suicide Threat Assessment Tool That Is Extremely Helpful And That Is Easily Remembered By The Acronym SLAP DIRT**
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
    4. \_\_\_\_\_



If There Has Been A Previous Attempt(s), Add **DIRT**  
To The Mix:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **13. 3 Keys To Suicide Prevention**

- A. Stop, Look, Listen, And \_\_\_\_\_ !

### **14. To Prevent Suicide...**

### **15. Suicide Intervention: Do Not**

- A. Do Not Leave The Person \_\_\_\_\_
- B. Do Not Overlook \_\_\_\_\_ And  
Behavioral Signs
- C. Do Not Sound \_\_\_\_\_
- D. Do Not \_\_\_\_\_ While The Person Is  
Still Speaking
- E. Do Not Make \_\_\_\_\_ You Cannot Keep
- F. Do Not \_\_\_\_\_
- G. Do Not \_\_\_\_\_ Morality
- H. Do Not Remain The \_\_\_\_\_  
Person Helping
- I. Do Not Agree To Keep This A \_\_\_\_\_ Or  
Cover It Up



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## **16. Suicide Intervention: Do**

- A. Do \_\_\_\_\_ Without Ceasing...
- B. Do Remain Calm – \_\_\_\_\_ Leads To Mistakes
- C. Do Be Patient. Do Not Rush A Suicidal Person – Slowing Down His Thoughts And Behavior Buys More Time
- D. Do Help To \_\_\_\_\_ The Problem Accurately
- E. Do \_\_\_\_\_ Thoughts For Clarity And Context
- F. Do Focus On The \_\_\_\_\_ Issue
- G. Do Stay Physically Close To The Person And \_\_\_\_\_ Surroundings
- H. Do Emphasize The \_\_\_\_\_ Nature Of The Problem
- I. Do \_\_\_\_\_ Very Carefully And Respond Appropriately

## **17. Seven Scriptural Reasons To Say No To Suicide**

- A. Suicide Rejects God's \_\_\_\_\_ Of Inner Peace

*“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”  
(Philippians 4:6-7)*



**B. Suicide Rejects God's \_\_\_\_\_ Over The  
Length Of Your Life**

*"Thine eyes did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them." (Psalm 139:16)*

**C. Suicide Rejects God's \_\_\_\_\_ To Be Lord  
Over Your Life**

*"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (1 Corinthians 6:19)*

**D. Suicide Rejects God's \_\_\_\_\_ Not  
To Murder**

*"Thou shalt not kill." (Deuteronomy 5:17)*

**E. Suicide Rejects God's \_\_\_\_\_ To Heal  
Your Hurts**

*"Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise." (Jeremiah 17:14)*

**F. Suicide Rejects God's \_\_\_\_\_ To Give  
You Hope**

*"My soul, wait thou only upon God; for my expectation is from him." (Psalm 62:5)*

**G. Suicide Rejects God's \_\_\_\_\_ Already  
Within You To Make You Godly**

*"According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." (2 Peter 1:3-4)*

*"Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy," (Jude 1:24)*



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## **PART TWO: SUICIDE, HELP FOR THE FAMILY**

Life has changed. You have changed. You can never go back. You'll never be the same. But you have choices about where to go from here.

### **1. \_\_\_\_\_ Suicide Loss**

- A. Understanding Suicide
- B. \_\_\_\_\_ Your Own Reactions
- C. Understanding The Suicide \_\_\_\_\_

### **2. Grieving Suicide**

- A. Grieve \_\_\_\_\_
- B. Grieve \_\_\_\_\_
- C. Grieve With \_\_\_\_\_

### **3. Facing The Truth**

The tears of Jesus at the tomb of His friend (*John 11:35*) give us permission to cry. Tears in the presence of death are not a sign of weakness, but love.

- A. Address Your \_\_\_\_\_
- B. Beware Of False \_\_\_\_\_
- C. Don't \_\_\_\_\_ Your Grief To That  
Of Others
- D. Consider Biblical \_\_\_\_\_
- E. Remember The \_\_\_\_\_

### **4. Living in \_\_\_\_\_**



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**Conclusion:** \_\_\_\_\_

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**You can't take away their pain. There are no magic words that will make this all go away. There is no reset button that will allow them to start over. Help them realize that in Christ they can be more than survivors; they can thrive with hope and a future.**

*"Nay, in all these things we are more than conquerors through him that loved us." (Romans 8:37)*

