



THIRTEEN REASONS
to LIVE

5 LIES THAT CAN LEAD TO SUICIDE

1. "Nobody understands what I'm going through."
2. "Nobody can help me."
3. "Everybody hates me."
4. "I am worthless."
5. "I can never be forgiven for what I've done."

13 REASONS TO LIVE

1. **YOU ARE MADE IN THE IMAGE OF GOD, AND NOTHING CHANGES THIS.**
2. **EVEN IF NOBODY ELSE LOVES YOU, GOD DOES.**
3. **WHILE YOU HAVE LIFE, THERE'S STILL THE POSSIBILITY OF HOPE.**
4. **YOU ONLY GET ONE LIFE ON THIS EARTH.**
5. **IT'S NOT YOUR LIFE TO TAKE.**
6. **THERE'S NOTHING ROMANTIC ABOUT A SUICIDE.**
7. **GOD SENT HIS ONLY SON TO DIE FOR YOU SO THAT YOU COULD TRULY LIVE.**
8. **JESUS IDENTIFIES WITH YOUR PAIN IN WAYS NOBODY ELSE CAN. (Hebrews 4:16-17)**
9. **GOD CAN USE YOUR PAIN AND USE YOU TO HELP OTHERS GOING THROUGH THE SAME KIND OF PAIN. (2 Corinthians 1:3-5)**



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10. INWARD PAIN CAN MAKE YOU STRONGER. (James 1:2-4)

11. THERE ARE MINISTRIES, CLUBS, AND/OR ORGANIZATIONS THAT CAN WALK YOU THROUGH IT.

12. SATAN WANTS YOU TO KILL YOURSELF. JESUS WANTS YOU TO TRULY LIVE. (John 10:10)

13. THERE IS A WAY OUT. (1 Cor. 10:13)

WARNING SIGNS OF SUICIDE

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online, or buying a gun, rope, or pills
- Talking about feeling hopeless or having no reason to live.
- Threats or suicide notes
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others.
- Sense of hopelessness or helplessness.
- Increasing use of alcohol or drugs.
- Masked depression (risky behavior)
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge.
- Efforts to hurt oneself.
- Changes in physical habits and appearance.
- Sudden changes in personality, friends, behaviors
- Death and suicidal themes appearing in homework, drawings, etc.

HOW TO HELP SOMEONE WHO IS STRUGGLING WITH SUICIDE

- Know the warning signs. Let that person know you are concerned about their well-being and that you have observed certain clues that have made you think that they may want to hurt themselves. Ask them if they are depressed or suicidal.
- Listen to your friend and stay calm. They will more than likely be relieved that someone noticed their pain, and cared enough to confront them and talk about it.
- Be honest and let them know you want to help them, even if it means telling a trusted adult. Call 911 if you feel threat is immediate. Also check out National Suicide Prevention Line (1-800-273-8255) or Hope-line.com (1-800-Suicide)

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