



Suicide Awareness and Prevention

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Trauma



“Trauma is not what happens to you, it’s what happens to you as a result of what happened to you.”

-Dr. Gabor Mate



Traumatic Aftermath

- Recurring disturbing thoughts
- Nightmares
- Anxiety
- Feeling numb or disconnected

[harvard.health.edu/mind-and-mood/left-behind-after-suicide](https://www.harvardhealth.edu/mind-and-mood/left-behind-after-suicide)



Stigma, Shame, and Isolation

- Isolation from the community
- The stigma that surrounds mental illness
- Not recognizing the warning signs
- Religious beliefs

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Mixed Feelings

- Grief
- Sadness
- Anger
- Confusion
- Feelings of rejection and abandonment

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Why?!

- What if?
- Hyper-Spiritualizing
- Blaming
- Survivors tend to overestimate their role

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Warning Signs





Signs of Suicidal Behavior

- Talking about dying or wanting to die
- Talking about feeling hopeless or that there is no way out
- Experiencing strong feelings of shame or guilt
- Withdrawal and isolation
- Giving away personal items
- Saying goodbye



Signs of Suicidal Behavior (cont)

- Unusual changes in behavior
- Changes in Sleep Patterns
- Accessing lethal means
- Emotional Distance
- Physical pain

Shame



Shame

- Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection.
- Shame is a fear of disconnection.
- Shame can be the source of hurtful behavior.

Brene Brown - Shame vs. Guilt January 14th, 2013



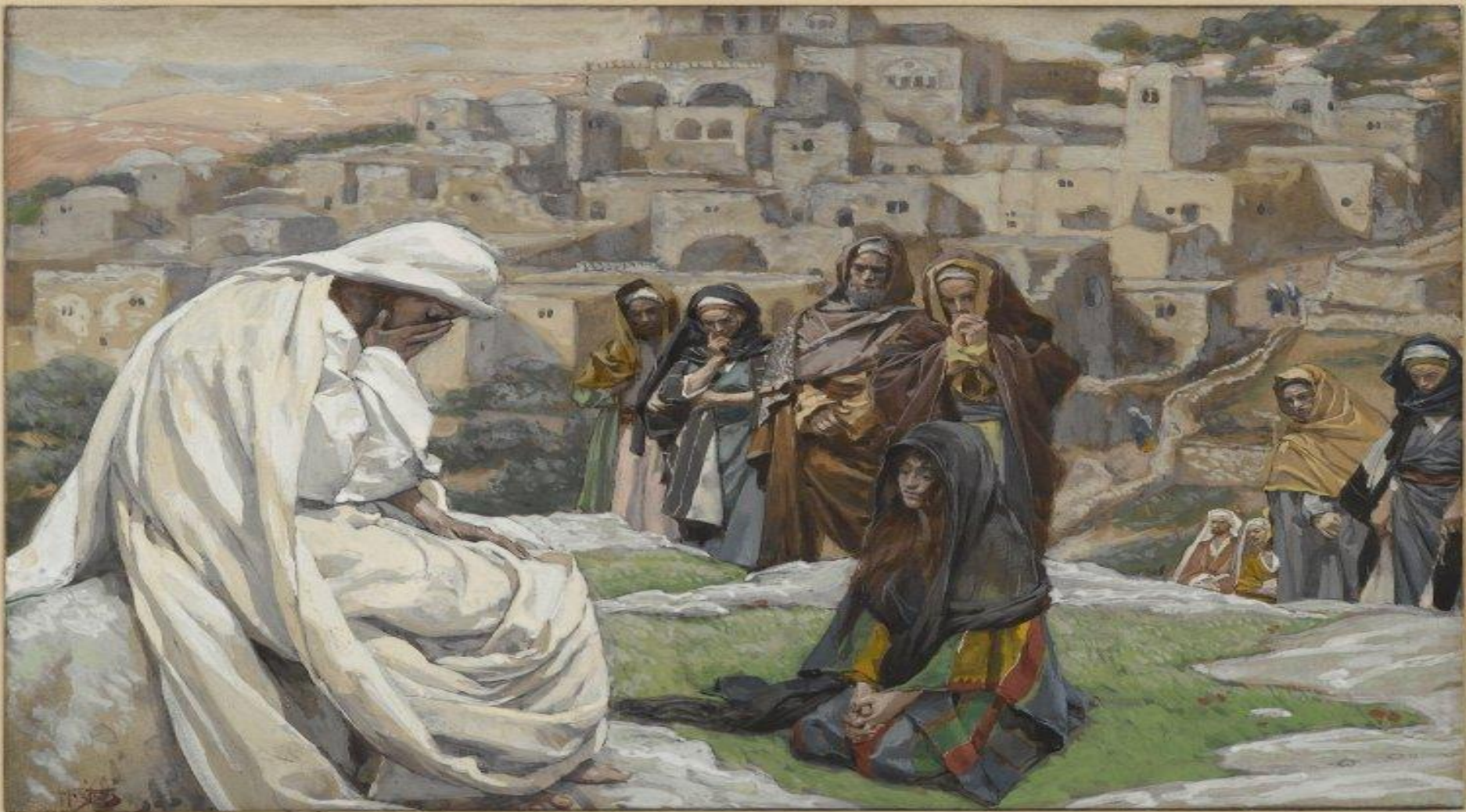
Shame



“One of shame’s primary neurobiological functions is creating isolation – I don’t tell anybody, and I’m left in my own head. But I cannot afford to be left in my own head. ... If I don’t have people coming to find me, no amount of Scripture, no amount of prayer, no amount of any of this can substitute for my friends who are literally coming to make sure that I don’t end up losing my mind.”

The Remedy to Shame





HE CRIED

HE KNEW LAZARUS

WAS DEAD BEFORE HE GOT THE NEWS

BUT STILL, HE CRIED

HE KNEW LAZARUS WOULD BE ALIVE AGAIN IN MOMENTS

BUT STILL, HE CRIED

HE KNEW DEATH HERE IS NOT FOREVER

HE KNEW ETERNITY AND THE KINGDOM BETTER THAN

ANYONE ELSE COULD

YET HE WEPT

BECAUSE THIS WORLD IS FULL OF PAIN AND REGRET AND

LOSS AND DEPRESSION AND DEVASTATION

HE WEPT BECAUSE KNOWING THE END OF THE STORY DOESN'T

MEAN YOU CAN'T CRY AT THE SAD PARTS.

In The Beginning...

Genesis 1:26

Let **Us** make human beings in **Our** image.

Genesis 2:18

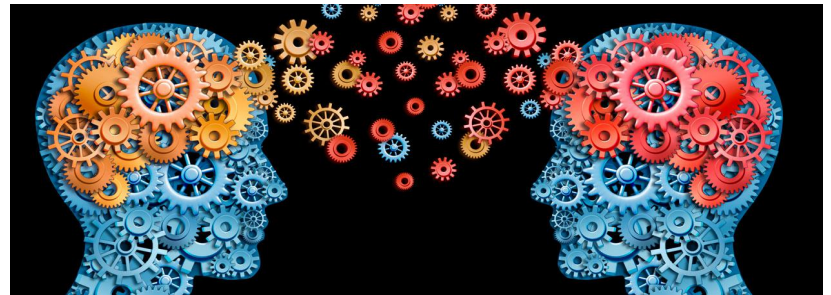
The Lord said, "It is not good for the man to be alone.



Being Known

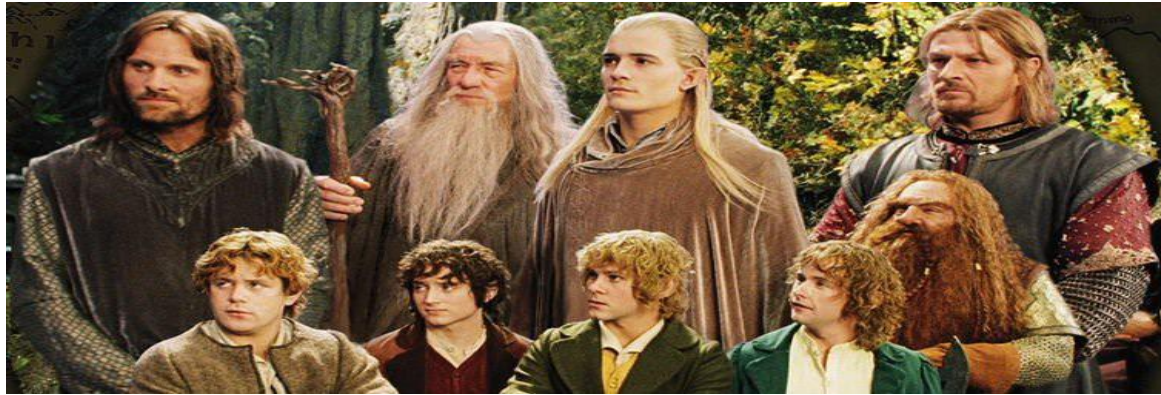
The way to connection requires us to be vulnerable and to open ourselves up to being known by the other.

“It is only through this process of being known that you get to know yourself and learn how to know others. To be known means that you allow your shame and guilt to be exposed -- in order for them to be healed.”



Healthy Communities

- Experience Structure and Accountability.
- Learn to have your Story held by Others.
- Offer Empathy and Curiosity for the Stories of Others.
- Discover Purpose, living for a bigger Story.



Unwanted: How Sexual Brokenness Reveals Our Way to Healing by Jay Stringer,

Who Is Your Great Cloud of Witnesses?

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race set before us, while keeping our eyes fixed on Jesus. Hebrews 12



BEHOLD, I MAKE ALL THINGS NEW.



L. KESTLY
2008

REVELATION



National Suicide Prevention Lifeline

1-800-273-8255