

HOW TO HELP A SUICIDAL PERSON - LONG TERM

Hope is so important, always work towards hope. If you believed you were going to fail a test no matter what, there would be little incentive to take that test. Recovery for a person can be a very difficult journey with many ups and down. Without hope, there is little incentive to do the hard work that can be required for healing to take place. Hope is the fuel that gives the person the courage to move forward and confront their pain and fears.

There are four main needs that we all have: acceptance, identity, security and purpose. The person may need professional help to identify the source of their unmet needs and healing of wounds.

Our acceptance and identity is best found through knowing who we are in Christ. This comes through studying the Bible so you can fully understand who God made you to be. We hear in Jeremiah that "Before I formed you in the womb I knew you, before you were born I set you apart" (Jeremiah 1:5). This is true not just for the prophet, Jeremiah, but for each and every one of us. David writes "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (Psalm 139:14). Jesus tells the twelve disciples that "even the very hairs of your head are all numbered" (Matthew 10:30).

When we fully grasp that we have been created in the image of God, this is so powerful. It brings freedom from the lies of Satan; lies such as "I have no value" or "my life is worthless." When you fully grasp the depth and breadth of God's love for you, when this becomes a deep heart revelation; it frees you from a lack of self worth, from rejection and abandonment issues. Security will follow as a result of this.

Family members and friends can help by providing consistent support and unconditional love. Depression can not only be hard for the person, but for those who are in close contact with them. They may be impacted by the negative moods and other symptoms that depression has on their friend or family member. If you are a friend or family member, try to set aside any frustrations or anger you may be feeling and ask "what would be most helpful here?" Pray for God's wisdom to help you to support the person in ways that leads towards hope and recovery.