Suicide and Mental Health

What to say if a student shares about a crisis or mental health situation

-“I’m listening. Tell me more about how you feel.”

-“From what you’ve told me, I think we may need some extra support for you. Would you and your parents be okay talking to a pastor or counselor?”

-“You may feel like you can’t make it but we (me, your parents, your friends) will be with you every step.”

-“I love you, and God loves you too.”

What not to say if a student shares about a crisis or mental health situation

-“Maybe you need to get right with God.”

-“Sure, we can just keep this between us.”

-“Just think positive.”

What does the Bible say about suicide?

God is the giver of life-He gives, and He takes away. So, according to the Bible, suicide is a sin. It is not the “greatest” sin, it does not determine a person’s eternal destiny, but it has a deep and lasting impact on those left behind. We see in the Bible several men who were in despair and depression, and even longed for death (Solomon, Elijah, Jonah, Paul). But, in their lowest moments, we see how they rely on God and the truth of His Word.

*“We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. But this happened that we might not rely on ourselves but on God, who raises the dead.” 2 Corinthians 1:8-9*

What happens if a Christian commits suicide?

The Bible teaches that, from the moment we truly believe in Christ, we are guaranteed eternal life (John 3:16). Nothing can separate a Christian from God’s love (Romans 8:38-39). The only way to heaven is through faith in Jesus-the way, truth, and life.

Scripture Help

Psalm 42:5; Psalm 146; Isaiah 40:31; Lamentations 3:19-26; Romans 8:37-39

Philippians 4:6; Hebrews 12:12-13; 1 John 4:18

Extra Tips

-Remember to involve StoneWater Staff with any report of abuse or thoughts of self harm

-Set a positive example. Be an active listener, follow up, and remind them of their identity

-Take care of yourself. We know this is heavy, but don’t bear it alone. We are with you.