

Module 6: Dealing with the Issue of Suicide

1. What personal experience do you have with suicide?
2. What would be a person's reasons for contemplating suicide?
3. What do you think are best ways to help kids know how valuable they are and that things can get better when they're feeling down?
4. Name as many warning signs of suicide as you can.
5. Have you asked your children if they know what suicide is and if they've ever thought about it?
6. Are you tracking your child's stress levels?
7. What can you do to encourage your kids to talk openly about their thoughts and feelings?
8. As you consider your present family situation, do you feel reassured, troubled, or alarmed? Or are you a grieving family?
9. What might keep you or your spouse from talking to your teens about suicide? How can you overcome any obstacles you might have to discussing this topic?
10. What is your hope truly based upon? How has it helped you get through painful times in your life?
11. Have you taken the time to set up a spiritual support system among Christian friends, with church members, and in your prayer life? If not, what do you need to build that up?