

One Weekend of Prayer:

Celebrating Life, Hope, and Reasons to Live

What Role Do Faith Communities Play in Suicide Prevention?

Studies show that persons experiencing mental health problems or emotional distress, including thoughts of suicide, frequently turn to faith communities and their faith leaders for help. Visit www.faith-hope-life.org for information on how faith communities can be involved in suicide prevention.

During this weekend of prayer, we highlight the many ways you and your faith community can help, including:



Know the facts. Suicide does not discriminate; it can touch people of all ages and classes; all racial, ethnic, and religious groups. However, suicide is also usually preventable, and your faith community can play a role. There is hope and help.



Promote connectedness. Research shows that social connection is a key protective factor against suicide. Fellowship groups, choirs, service work, and worship are all ways people connect in faith communities. Such connections let people know they are not alone and that they are cared for.



Talk about mental illness. Help your faith members understand that mental health issues are real and treatable, in the same way that physical health issues are. Speak and pray openly about mental illness just as you would about physical illnesses, such as cancer, heart disease, or diabetes.



Stories of hope. Faith communities share stories—from the Bible, the Koran, or other sacred texts—of how people have overcome adversity and experienced God’s presence in times of struggle and hardship. They also share the stories of their own lives—their faith and courage—that can give hope and strength to others.



Need Help Now?

National Suicide Prevention Lifeline (24 hours/7 days)
1-800-273-TALK (8255); www.suicidepreventionlifeline.org

Faith.Hope.Life. is an initiative of the **National Action Alliance for Suicide Prevention**

