

# Suicide

If you are reading this and you are contemplating suicide, we want you to know that we care about you and would love to talk with you today. God does not want you to hurt yourself or to end your life. You are valuable. God created you on purpose, with a purpose. Whatever you're going through right now, there is another solution besides suicide.

We want you to ask yourself. Is this what God's plan is for me, or is this my own plan? Is this God's best for you or am I looking for an escape that is not God's will? God has a better plan for you. Romans 8:28 says, *"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."* You can trust that God is on your side. He wants to bless you and give you a great future, a future that is beyond what you can imagine right now [Ephesians 3:20].

God loves you so much that He sent His Only Son Jesus to die for you, taking all your sin, your past, and your shame. You don't have to die to pay for your sin because Jesus already did. When He rose from death, He conquered sin and death for everyone who believes in Him. It's OK to be overwhelmed. But please know that this is a temporary season you are in, and the final chapter has not been written yet. We can't do life alone—if you are truly considering suicide then please talk with someone today. There are resources available to help you. The best resource for you would be to go to the emergency room at the local hospital and ask for their help.

## Additional Helpful Scriptures

- Psalm 34:17
- Isaiah 43:2
- Psalm 30:5
- 1 Peter 4:12-13
- Isaiah 61:3
- 2 Corinthians 1:3-4

## Community Resources

- Suicide Prevention Website - [suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
- Crisis Center of Tampa Bay - The Crisis Center is a central hub for 4600 services available to the Tampa Bay area. Through their crisis line, they provide suicidal prevention help, a rape hotline, a substance abuse hotline, and a homeless hotline. They also assist elderly, veterans, children, families, and mental health. 211 – [crisiscenter.com](https://crisiscenter.com)
- Suicide Prevention Website - [helpguide.org/articles/suicide-prevention/suicideprevention- helping-someone-who-is-suicidal.htm](https://helpguide.org/articles/suicide-prevention/suicideprevention- helping-someone-who-is-suicidal.htm)
- Hope For The Heart is a ministry providing biblical hope and practical help for everyday problems. Our desire at Hope For The Heart is to equip you with the help and hope you need so that you can then equip and encourage others. Read more: [hopefortheheart.org](https://hopefortheheart.org)
- Cloud and Townsend is an online resource that offer books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics. [cloudtownsend.com/resources/question-answers/](https://cloudtownsend.com/resources/question-answers/)
- Family Life provides multiple resources that help people build stronger homes and communities. [familylifetoday.com/](https://familylifetoday.com/)
- Focus on the Family is a global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles. [focusonthefamily.com](https://focusonthefamily.com)

## Suicide Warning Signs:

- Appearing depressed or sad most of the time. [Untreated depression is the number one cause for suicide.]
  - Talking or writing about death or suicide.
  - Withdrawing from family and friends.
  - Feeling hopeless.
  - Feeling helpless.
  - Feeling strong anger or rage.
  - Feeling trapped -- like there is no way out of a situation.
  - Experiencing dramatic mood changes.
  - Abusing drugs or alcohol.
  - Exhibiting a change in personality.
  - Acting impulsively.
  - Losing interest in most activities.
  - Experiencing a change in sleeping habits.
  - Experiencing a change in eating habits.
  - Losing interest in most activities.
  - Performing poorly at work or in school.
  - Giving away prized possessions.
  - Writing a will.
  - Feeling excessive guilt or shame.
  - Acting recklessly.
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- Crisis Center of Tampa Bay – Phone Number: 211 – The Crisis Center is a central hub for 4600 services available to the Tampa Bay area. Through their crisis line, they provide suicidal prevention help, a rape hotline, a substance abuse hotline, and a homeless hotline. They also assist elderly, veterans, children, families, and mental health. Through their website [www.crisiscenter.com](http://www.crisiscenter.com), they have 2-1-1 at your fingertips [icarol.info/PublicResourceDirectoryFrm.aspx?org=2129](http://icarol.info/PublicResourceDirectoryFrm.aspx?org=2129). The previous link offers all the resources available through the phone system.
  - Hillsborough County Catholic Charities – 813-707-7376 – offer family support services by providing comprehensive case management, support services, financial aid, and life skill education. They also have temporary emergency shelters. [ccdosp.org/](http://ccdosp.org/)
  - The Salvation Army offers multiple services: Correctional Services [813-223-3781], Worship Centers [813-549-5285], Hispanic Ministries [813-672-8139], Rehabilitation Center [813-972-0471], Emergency Disaster Services [813-962-6611], Homeless Shelters [813-221-4440], and Assistance [812-226-0055]. [salvationarmyflorida.org/](http://salvationarmyflorida.org/)
  - The Spring – 813-247-7233 -- is a Domestic Violence Shelter for women and children. [thespring.org](http://thespring.org)
  - LifePath Hospice and Palliative Care – 813-877-2200 – they offer hospice care, support for grieving families, and palliative care for people with chronic conditions or life-threatening conditions.
  - [chaptershealth.org/services/hospice](http://chaptershealth.org/services/hospice)
  - A Woman's Place – 813-931-1804 – is a crisis pregnancy center which offer care and support for expecting mothers. They offer free pregnancy tests, limited ultrasounds and pregnancy options information. [awpm.net/](http://awpm.net/)
  - NAMI Hillsborough Inc – 813-273-8104 – National Alliance of Mental Illness of Hillsborough county provide counseling and support groups for individuals with mental illness and their families. [namihillsborough.org/](http://namihillsborough.org/)
  - Metropolitan Ministries – 813-209-1200 – Metropolitan ministries offer emergency, temporary housing, clothing, food pantry and life skill training. [metromin.org/](http://metromin.org/)
  - Bay Area Legal – 813-232-1343 – pro-bono or low cost legal assistance. [bals.org/](http://bals.org/)
  - Addictions recovery [addicted.org/tampa-addiction-treatment-services.html](http://addicted.org/tampa-addiction-treatment-services.html)
  - Bullying [stopbullying.gov/](http://stopbullying.gov/)
  - Eating disorders [nationaleatingdisorders.org/general-information](http://nationaleatingdisorders.org/general-information)
  - Self-harm [nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm](http://nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm)
  - Suicide prevention [suicidepreventionlifeline.org/](http://suicidepreventionlifeline.org/)
  - [cloudtownsend.com/resources/question-answers/](http://cloudtownsend.com/resources/question-answers/)
  - Marriage [smalley.cc/](http://smalley.cc/)
  - DivorceCare [divorcecare.org](http://divorcecare.org)