

START WHERE YOUR EYES LAND!

don't just answer questions

help each other share

• stories • thoughts • feelings • experiences

Listen! Ask! Wonder!

NRSV

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

— Romans 8: 38-39

SUICIDE and FRIENDS

—DEEP—

- Show 'n' Tell: Nonverbal **sad faces**. Ready go...
- Things that make people **sad**! Ready go...

—DEEPER—

- How is depression **different** from feeling sad?
- Are thoughts of suicide **normal**? How so? Why not?
- What do you think **causes** depression? Suicidal feelings?
- What are the **myths** that people still believe about suicide?
- As a friend what are the **warning signs** to watch for?
- What are the **dos and don'ts** for helping a friend with depression?
 - What **questions** could you ask?
- At what point do you call or seek **help**? **Who**? **Where**? **When**? School? Church? Parents? Hotlines? Police?

—DEEPEST—

- Have you ever **experienced** depression? Suicidal thoughts?
 - What did people say or do that was **helpful**? What **wasn't helpful**?
- Has anyone **shared with you** that they are depressed or thinking about hurting themselves? Friends? Family Members?
 - How did you **respond**? How do you wish you would have responded?
- What gives you **hope** in life?
- How do you **encourage, affirm** and give **hope** to others?