

Natural Healing Express Weekly

Column 337 Suicide Prevention

I have pondered writing an article about suicide prevention for quite some time. And, now, with yet another friend of mine hurting with the suicide of a relative, I realized its just time. For a million reasons, I can tell you suicide is not the answer.

I have seen the hurt in a father's eyes knowing he will never hold his boy again and walk with him man to man sharing Fatherly advice. I have watched a mother heaving with sobs as she receives the news that there is nothing more that can be done to save her child. I have watched baby sisters try to make sense of what to do with the Christmas presents they have already bought for their dear brother. And, I have sat with the fiancé who no longer has a use for her wedding dress.

Suicide is just not the answer to life's problems. It is a permanent solution to a temporary and perceived problem. But my words may be hollow now to those who have gone through the immense and indescribable pain of losing their loved one to suicide. It becomes a fog for those left behind.

So, where do we begin? At the heart of all of the "do gooders" that preach about the do's and don'ts, I know one thing is common place. The goal is to PREVENT SUICIDE. Every life is God-given and has some purpose. Even if you do not understand what that purpose might be, there is one. It's like seeing only the clouds and not believing somewhere up there is blue sky. Your life HAS value. If you are considering suicide, right now, as in this minute, call this number 800-273-8255...Someone on the other end cares! Yes, they care about you! Make the call. Those folks understand that you do not really want to end your life; you just WANT YOUR PAIN TO END. These experts can help you make sense of your feelings and offer you options for lasting help. Please, please, please give them a chance to help you. Call 800 273 8255. THERE IS HOPE.

For those of you wondering what you can to do help, here's a thought. KNOW the Warning Signs of Suicide. As listed by Mayo Clinic, here are a few of the warning signs to look for. When someone: has

thoughts of hurting or killing him or herself or someone else, makes specific plans for suicide, seems to be unable to do daily tasks or activities, eats or sleeps too much or too little, pulls away from family or friends such as no longer sending emails, answering calls or spending time with others, has little interest in personal appearance or in doing things he or she used to enjoy such as hobbies, work or school, has low or no energy, feels numb, like nothing matters, has unexplained aches or pains, drinks, smokes, or uses drugs excessively, feels unusually confused or forgetful, feels on edge, angry, upset, worried or scared, changes behavior such as becomes really active, talks too much, acts reckless, takes chances on risky activities or acts violent, yells or fights with family or friends, has negative thoughts or worrisome memories he or she can't get out of their head..

If you see two or more of these warning signs, take note and help that person get the help they need.

Primarily those who are most at risk include people who have: depression of another significant psychiatric condition (bi-polar disorder) , already attempted suicide, a significant physical illness, a family history of suicide, psychiatric disorders or substance abuse or an alcohol or substance abuse problem themselves.

Again, if you or a loved one are having thoughts of suicide please call the National Suicide Prevention Lifeline at 800 273 8255.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

