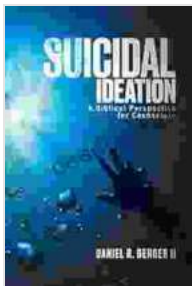


Suicidal Ideation: A Biblical Perspective for Counselors

Suicidal ideation is a serious issue that affects millions of people around the world. It can be a very difficult topic to discuss, but it is important to remember that there is hope. As a counselor, it is important to be equipped with the knowledge and resources to help your clients who are struggling with suicidal thoughts.

What is Suicidal Ideation?



Suicidal Ideation: A Biblical Perspective for Counselors

by MaryRose Geroulakis

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Enhanced typesetting : Enabled
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Suicidal ideation is defined as thoughts about ending one's own life. These thoughts can range from fleeting thoughts to detailed plans. Suicidal ideation is a symptom of a more serious mental health condition, such as depression or anxiety. It is important to note that not everyone who has

suicidal thoughts will attempt suicide. However, it is important to take all suicidal ideation seriously.

What are the Risk Factors for Suicidal Ideation?

There are a number of risk factors that can contribute to suicidal ideation. These include:

- Mental health disorders, such as depression, anxiety, or bipolar disorder
- Substance abuse
- Trauma
- Chronic pain
- Major life stressors
- Family history of suicide

What are the Warning Signs of Suicidal Ideation?

There are a number of warning signs that may indicate that someone is struggling with suicidal thoughts. These include:

- Talking about wanting to die or kill oneself
- Making plans to end one's life
- Giving away possessions
- Saying goodbye to loved ones
- Withdrawing from social activities

- Feeling hopeless or worthless
- Experiencing severe anxiety or depression

What Should Counselors Do if a Client Expresses Suicidal Ideation?

If a client expresses suicidal ideation, it is important to take the following steps:

- 1. Ask the client directly if they are thinking about harming themselves.**
- 2. If the client answers yes, ask them if they have a plan and how they plan to carry it out.**
- 3. Remove any potential means of self-harm from the client's environment.**
- 4. Call 911 or take the client to the nearest emergency room.**
- 5. Stay with the client until help arrives.**

What is the Biblical Perspective on Suicidal Ideation?

The Bible does not directly address suicidal ideation. However, there are a number of passages that can provide hope and comfort to those who are struggling with this issue. These passages include:

- "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)

- "I have come that they may have life, and have it to the full." (John 10:10)
- "Do not be afraid, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

These passages remind us that we are loved by God and that there is hope for a better future. They can provide comfort and strength to those who are struggling with suicidal thoughts.

How Can Counselors Help Clients with Suicidal Ideation?

As a counselor, there are a number of ways that you can help your clients who are struggling with suicidal thoughts. These include:

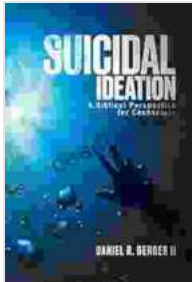
- **Providing support and empathy.**
- **Listening to your clients without judgment.**
- **Helping your clients to identify their triggers and develop coping mechanisms.**
- **Referring your clients to a mental health professional if needed.**
- **Praying for your clients.**

By following these steps, you can help your clients to find hope and healing and move towards a more positive future.

Additional Resources

- The National Suicide Prevention Lifeline: 1-800-273-TALK

- The Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP
- The American Foundation for Suicide Prevention: <https://afsp.org/>

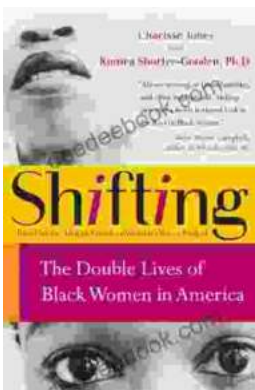


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