

# Suicide 101: Prevention and Dealing with the Aftermath

Edward E. Moody, Jr., Ph.D.

[emoody@nafwb.org](mailto:emoody@nafwb.org)

# What is depression?

Depressed *mood* most  
of the day nearly every  
day

I am weary with  
my moaning; every night I  
flood my bed with tears; I  
drench my couch with my  
weeping.

Psalms 6:6

# What is depression?

Diminished interest in  
*pleasure*

<sup>2</sup> Be gracious to me,  
O Lord, for I am  
languishing; heal me,  
O Lord, for my bones are  
troubled. <sup>3</sup> My soul also is  
greatly troubled. But you,  
O Lord—how long?

Psalms 6:2-3

# What is depression?

Significant **weight** loss  
or gain

<sup>4</sup> My heart is smitten, and  
withered like grass; so that  
**I forget to eat my bread.**

<sup>5</sup> By reason of the voice of  
my groaning **my bones**  
**cleave to my skin.**

Psalms 102:4-5



What is depression?

*Insomnia* or  
*hypersomnia*

I lie awake; I am like a  
lonely sparrow on the  
housetop.

Psalms 102:7

# What is depression?

*Psychomotor* agitation  
or retardation

Be angry, and do not  
sin; ponder in your own  
hearts on your beds,  
and be silent. *Selah*

Psalms 4:4

# What is depression?

*Fatigue*

For my days pass away  
like smoke, and  
my bones burn like a  
furnace.

Psalm 102:3

# What is depression?

Feelings of  
worthlessness

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."

1 Kings 19:4

# What is depression?

Diminished ability to  
think or concentrate

These things I remember,  
as I pour out my soul:  
how I would go with the  
throng and lead them in  
procession to the house of  
God with glad shouts and  
songs of praise, a  
multitude keeping festival.

Psalm 42:4

What is depression?

Recurrent thoughts of  
death or suicide

<sup>3</sup> For my soul is full of troubles,  
and my life draws near to Sheol.

<sup>4</sup> I am counted among those  
who go down to the pit; I am a  
man who has no strength, <sup>5</sup> like  
one set loose among the dead,  
like the slain that lie in the grave,  
like those whom you remember  
no more, for they are cut off  
from your hand. <sup>6</sup> You have put  
me in the depths of the pit, in  
the regions dark and deep.

Psalms 88:3-6

# Types and Causes of Depression

- Major Depressive Disorder

# Types and Causes of Depression

- Major Depressive Disorder
- Bipolar Disorder



# Types and Causes of Depression

- Major Depressive Disorder
- Bipolar Disorder
- Persistent Depressive-Disorder (Dysthymia)

# Types and Causes of Depression

- Major Depressive Disorder
- Bipolar Disorder
- Persistent Depressive-Disorder (Dysthymia)
- Cyclothymic Disorder

# Types and Causes of Depression

- Major Depressive Disorder
- Bipolar Disorder
- Persistent Depressive-Disorder (Dysthymia)
- Cyclothymic Disorder
- Situational Factors

# **Suicide 101: True or False**

- 1. True or False** Most suicides occur in the dark and dreary months of the Winter.
- 2. True or False** People who talk about suicide rarely commit suicide.
- 3. True or False** The majority of completed suicides take place between 11 PM and 4 AM.

## **Suicide 101: True or False . . .**

- 4. True or False** Improvement in a personal crisis or serious depression means that the risk of suicide is over.
- 5. True or False** In teenagers, the break-up of a boy or girl relationship has little to do with their suicide risk.
- 6. True or False** Females are more likely than males to kill themselves.

## Suicide 101: True or False . . .

**7. True or False** People with a family history of suicide are less likely to attempt suicide.

**8. True or False** People who commit suicide do not wish to continue living.

**9. True or False** There is little another person can do to stop someone from committing suicide.

# Suicide 101: True or False

1. Most suicides occur in the dark and dreary months of the Winter. **False**

# Suicide Season Starts Now: Why April Really is the Cruellest Month

POSTED MARCH 23, 2011 12:04PM BY JOSHUA HOOBERMAN, PH.D

**TAGS:** DELUSIONS OF NORMALCY, DR. JOSHUA HOOBERMAN, GEORGE BAILEY, GET HELP, MENTAL HEALTH, MORK, SPOCK, SUICIDE PREVENTION, SUICIDE SEASON, SUICIDES, TS ELIOT

T.S. Eliot once wrote that “April is the cruellest month,” and I’m thinking he might be right.

Every December at my hospital, without fail, a colleague will aver that we must be attuned to increase suicide risk during the holidays. As a suicidologist (yes, that is a word), it’s my duty to dispel the myth of holiday-suicide-increases; suicides are, in fact, highest in the spring and summer months. What ensues is usually a shocked, “hubbub, hubbub” moment amongst my colleagues.

It is true. Recent reports indicate that suicide rates are the highest between the months of April and July. Furthermore, suicide rates are actually *lowest* nationally during the holiday season, in the months of November and December. I can verify a consistent pattern in my facility of employ for the past few years.

But this clearly defies commonly held opinion — so why is this the case? To be honest, there is no definitive answer to this spring-time suicide increase. However, I will attempt to provide an explanation, based partially on my own opinion and on the current theories.



## Suicide 101: True or False

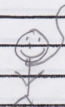
2. People who talk about suicide rarely commit suicide.

**False**

DEAR MR. ~~DEAR~~

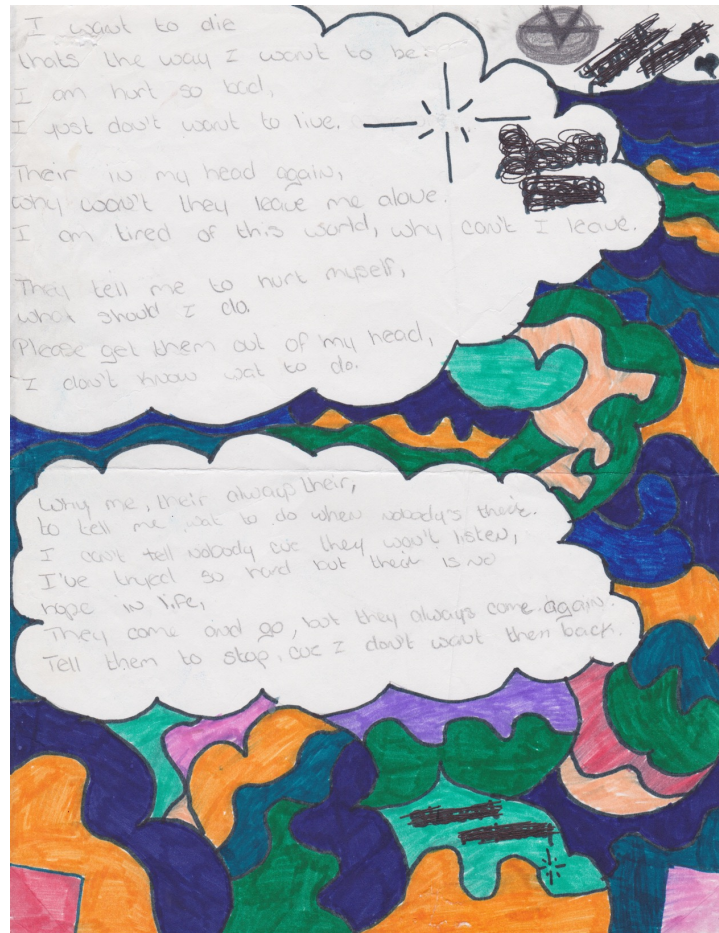
I NEED TO SEE MY ~~COUSIN~~ ~~COUSIN~~  
BEFORE I GO TO THE COTTAGE AND  
KILL MY SELF CAUSE I DONT WANT  
TO GO TO CAROL SO AM GOING TO  
KILL MY SELF AND NOT TO MURDER  
STRESS PS AM NOT PLAYING  
I AM TELLING MS SMITH TO KILL MY  
MOM I LOVED HER AND I DIDNT WANT  
TO KILL MY SELF BUT I HAD TO  
AM NOT KIDDING NO MORE I DONT  
DARE IF I LOVE OF DIS SO THATS  
WHAT AM GOING TO DO KILL MY  
SELF.

PS ITS BEEN

Nice Noing  
you 

Mr. ~~Don~~ i need you on the phone ~~and~~  
i need to talk to him now cause the  
Season i need to see him early as is  
cause i need to kill my help  
and i need to go see him now cause

AM 9 00 PM  
Killing Myself  
When i go to the  
Cottage sign



## Suicide 101: True or False

3. The majority of completed suicides take place between 11 PM and 4 AM. **False**

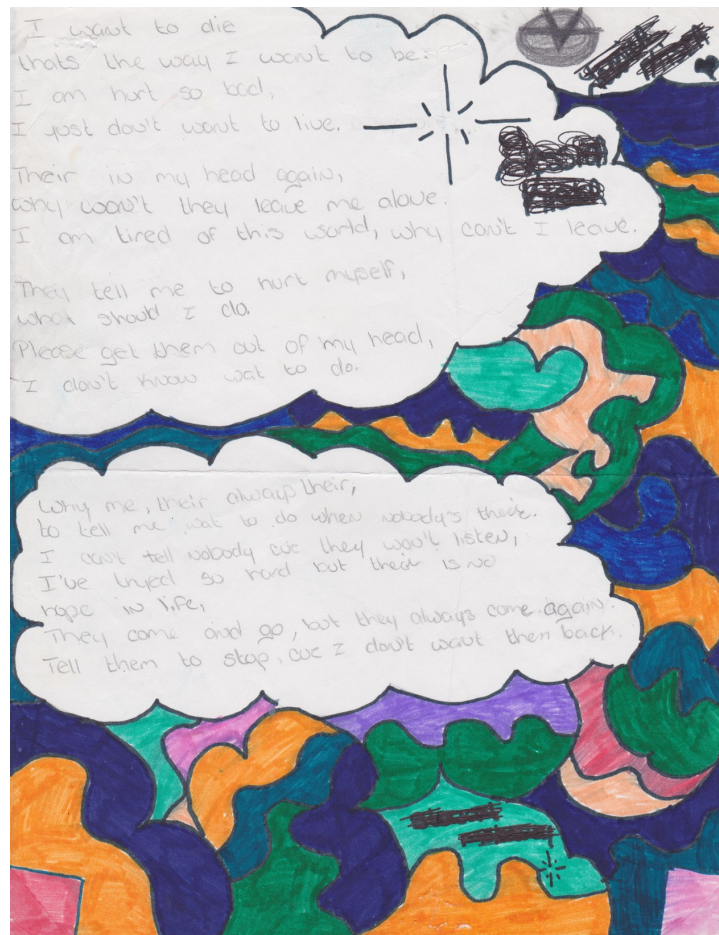
## Suicide 101: True or False . . .

4. Improvement in a personal crisis or serious depression means that the risk of suicide is over False

## Suicide 101: True or False . . .

5. In teenagers, the break-up of a boy or girl relationship has little to do with their suicide risk

**False**





## Suicide 101: True or False . . .

6. Females are more likely than males to kill themselves

**False**

## Suicide 101: True or False . . .

7. People with a family history of suicide are less likely to attempt suicide. False

## Suicide 101: True or False . . .

8. People who commit suicide do not wish to continue living. False

## Suicide 101: True or False . . .

9. There is little another person can do to stop someone from committing suicide. False

### Why do adolescents attempt suicide?<sup>56</sup>

These results are from 120 adolescents who had attempted suicide.

<i>Reason</i>	<i>Percent that Endorsed</i>
To get relief from a terrible state of mind	68
To die	67
To escape for a while from an impossible situation	66
To make people feel sorry for the way they've treated you; frighten or get someone back	35
To make people understand how desperate you are feeling	34
To find out whether someone really loved you or not	32

# Risk Factors for Suicide

- Recent trauma
- Specific suicide plan
- Preoccupation with earlier abuse
- Giving away prized possessions
- Radical change in behavior
- Isolating from others
- Reading material about methods to commit suicide
- References to what life will be like after death
- Demeaning statements
- Making arrangements for death





# What can you do?

- *Attend*



# What can you do?

- *Attend*
- *Listen*

```
graph LR; A[Ruminating] --> B[Negative Beliefs]; B --> C[Depression];
```

Ruminating

Negative  
Beliefs

Depression

# What can you do?

- Attend
- Listen
- Care

# What can you do?

- Attend
- Listen
- Care
- Respond

# What can you do?

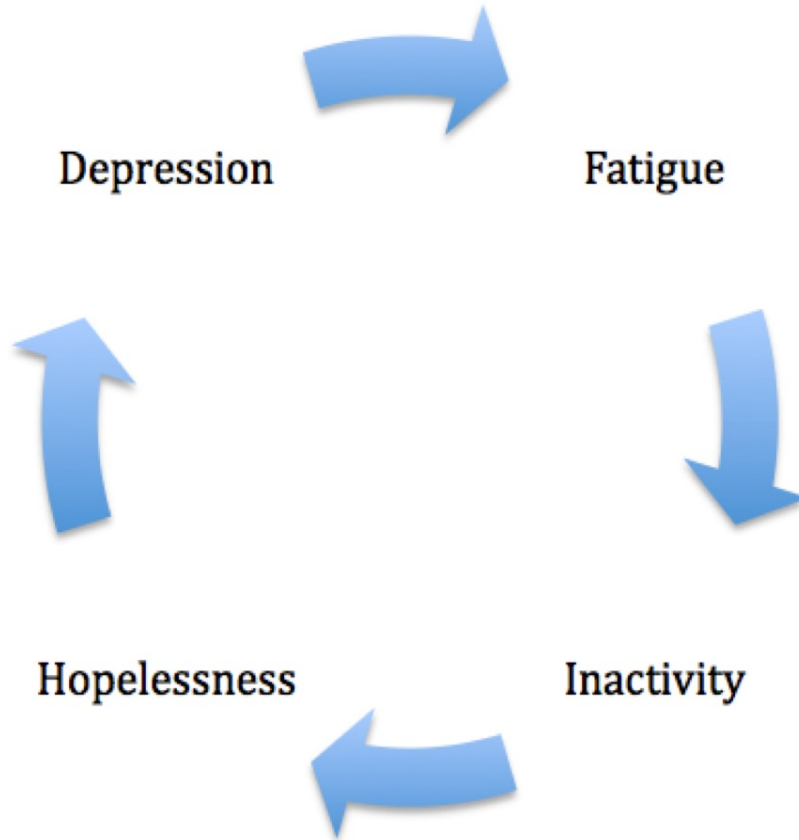
- Attend
- Listen
- Caring
- Respond
- Act

Depression

Fatigue

Inactivity

Hopelessness

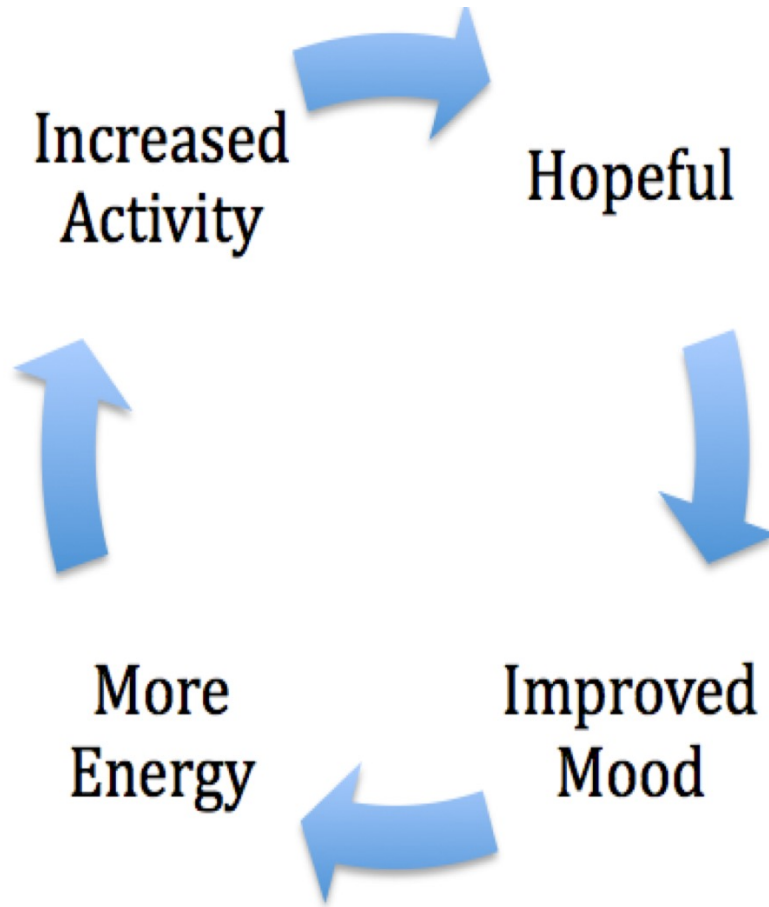


Increased  
Activity

Hopeful

More  
Energy

Improved  
Mood




# What can you do?

- Attend
- Listen
- Caring
- Respond
- Act
- Find the Inn





## After a Suicide

- Be alert for copycats.
  - Address should of, would of and could of.
  - Be careful about glorifying the one who has taken their life.
- 

# THE OTHER SIDE OF Suicide

BY DR. EDWARD MOODY

I MOVED THROUGH THE HOSPITAL AS QUICKLY AS I COULD WITHOUT RUNNING. I COULD SEE A DISTRAUGHT MAN SPEAKING TO THE RECEPTIONIST. HE KEPT REPEATING THE NAME OF A PERSON AND SAYING HE KNEW HE WAS AT THE HOSPITAL. AS I WALKED UP THE RECEPTIONIST SAID, "SIR, WE ONLY HAVE PATIENTS LISTED IN OUR DATABASE." I TAPPED THE MAN ON THE SHOULDER AND OFFERED TO TAKE HIM TO THE FAMILY OF THE MAN HE WAS LOOKING FOR. AS THE RECEPTIONIST'S WORDS BEGAN TO SINK IN HE REALIZED HIS FRIEND HAD DIED.

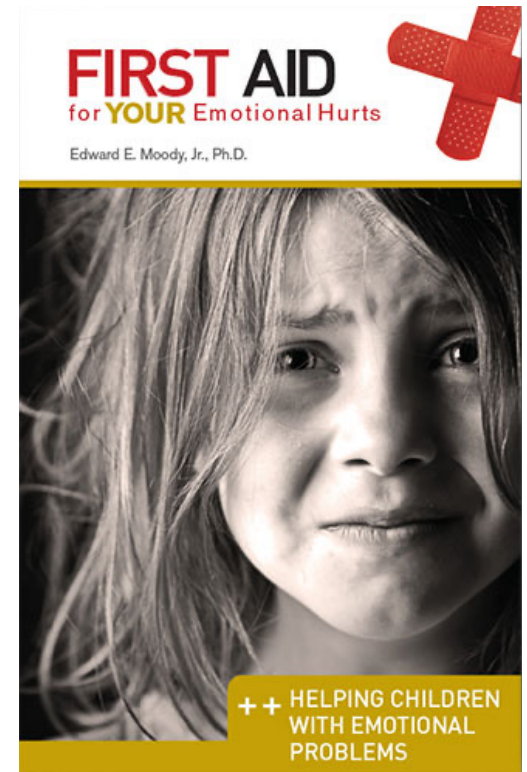
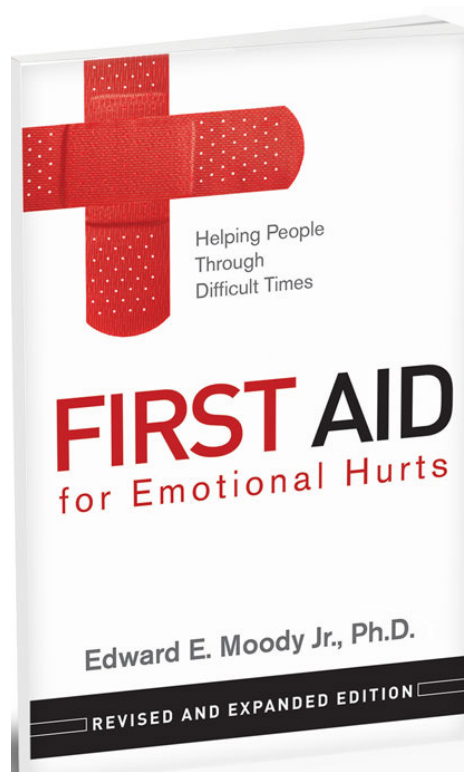
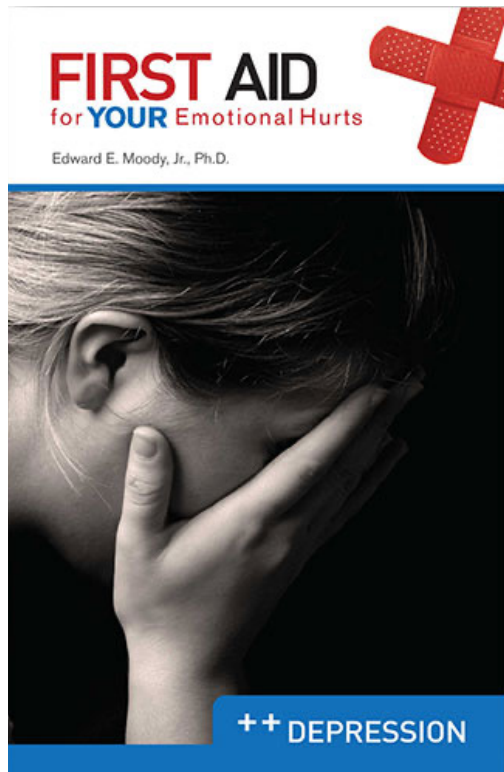
"This was an accident, right?"

"No, he did this to himself," I said.

In that moment I witnessed the uniqueness of death by suicide. His face told me an accident, even a homicide would have been more bearable than this.

Every day, 121 people in the United States take their lives. I hope you never have to deal with the other side of suicide but chances are that you or someone you know will at some point. Hold on to this article for that day.

Years ago I worked as a staff psychologist at a correctional institute where on average I dealt with a suicidal person every day. We constantly trained staff and worked hard to prevent suicide. Though I never had anyone complete a suicide it was a constant worry of mine. Unfortunately, as a pastor, I have become too familiar with the other side of suicide. I have written about suicide prevention but in this article I will focus on some things to consider after a person has taken his or her own life.



# Suicide 101: Prevention and Dealing with the Aftermath

Edward E. Moody, Jr., Ph.D.

[emoody@nafwb.org](mailto:emoody@nafwb.org)