

## Hope is Everything

How do we understand the risk and magnitude of suicide? Many people face the fear of hopelessness and lack the knowledge and direction of where to get help. When we feel constantly overwhelmed and struggle to make decisions that affect our life, we end up in a state of overwhelming hopelessness, which means a person has nowhere to turn.

For example, visualize a small 'dot' in your mind. The 'dot' indicates how a hopeless person sees their life. All their experiences, expectations, and future are reduced to the size of that 'dot,' and they see no way of moving beyond it. As a result, they're lost and struggle to find a way to end their pain by contemplating harming themselves or, worse yet, committing an act of self-destruction.

How can we help? We need to feel more comfortable talking about suicide with people who are struggling to reach out and ask a **Question**, like *"you've seemed down the past couple of days, is everything ok?"* If the person acknowledges they are struggling, how do I **Persuade** them to get help, *"Let me help you get some help."* and where to **Refer** them to community resources, *"Here are a few phone numbers we can call and speak with someone."* The key is to offer help and get the care they need. (QPR Institute)

### **This process is intended to answer some of the following lifesaving questions:**

**WHY** (*reason/motive*) - **Why** is it important we are proactive? To deliver messages that give hope and belonging. This requires courage and commitment to take necessary action.

**HOW** (*action*) - **How** do we go about doing this? We educate people about suicide not to be afraid to reach out and ask, "is there anything I can do to help you?"

**WHAT** (*result*) - **What** are some possible outcomes? To change people's attitudes by recognizing communication, knowledge, and awareness saves lives.

Simon Sinek – "Start with Why"

The need for suicide prevention training is reaching a peak. We believe in specialized and custom training targeted for each client's needs. Courage Through Action provides onsite or webinar Suicide Prevention training to Schools, Police, Firefighters, Military, EMS, and Health Care Providers. John Connors is a professional trainer and experienced in managing the sensitivity of this subject matter.

We are here to help. Contact us at [jconnors@couragethroughaction.com](mailto:jconnors@couragethroughaction.com) or call 518-505-4836