

A Bite of The Casserole #17

7/21/2022

Suicide Prevention: It's Simple – Not Easy

Call 988



Sometimes people feel so hopeless and overwhelmed, that they consider taking their own life. Whether that's you or someone you are listening to, you can get help fast. Today, you can reach the National Suicide Prevention Lifeline by calling **988**.

The Lifeline's 200+ crisis centers have been working since 2005. Their counselors are ready for these **988** calls. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor. Veterans can dial **988** and press 1 to contact the Veterans Crisis Line.

Reaching out to people with hope and practical help is a core value of every faith community. Please share this brief announcement on your social media and more importantly with your congregation's social and print media. **But there is more that you can do...**

You Can Ask a Question and Save a Life

Have you ever wondered if someone was considering suicide? Maybe they sounded depressed or hopeless. Were you anxious; not sure what to say or do? Then QPR – Suicide Prevention Training is for you. It's like CPR since ordinary people can learn to save a person's life, but the skills are much simpler and easier to learn.

Lincoln Schools, Region 5 Prevention Systems and more than 15 faith congregations all over Lancaster County are teaming up to provide this free 90-minute training in September. More details coming soon.



A whole casserole is too much so we offer **A Bite of The Casserole** every week or two. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region 5 Prevention Systems 1645 N St. Lincoln, NE. . This piece is edited by Otto Schultz, Nebraska Faith Partners Project Developer so when something is wrong, blame him – OttoBSchultz@outlook.com or 402-770-1974