



Catholic Charities
Diocese of Youngstown
Providing Help. Creating Hope.

2024-2025
First Step to Service Program

GRADES 9-12

**Love your Neighbor
as Yourself.**

October 2024:
**Suicide Lifeline
Awareness**

"Respect Life"

Suicide and Crisis Lifelines

LESSON SUMMARY

In Mark 14:33-34, we remember how Jesus was "sorrowful even to death." He asked his friends Peter, John and James to stay and pray with him.

Depression and suicidal thoughts can hit anyone, at any time, but certain life events make people more vulnerable. These can include losing someone you care about, going through a breakup, recovering from trauma or illness, or facing big challenges like job or money problems. Peer pressure or academic pressure can also be a factor. It's important to remember you're not alone in feeling this way. Those between 18-25 are at a higher risk for experiencing depression. Reach out for help when things get heavy—there are people who care.

988 is the number for the Suicide and Crisis Lifeline. Anyone can call or text for compassionate support for themselves or to discuss how to support someone they love.



Learn more at <https://988lifeline.org/>.

Watch stories of Hope and Recovery: <https://988lifeline.org/stories/>

DISCUSS

- What are some warning signs that someone may be experiencing depression or suicidal thoughts?
- Where is the nearest Crisis Center in your area?
- What is a risk factor that increases the likelihood of attempting suicide?
- Is it ok to use the word "suicide" when broaching this conversation with someone in need?

ACTIVITY

Create a poster, one-page essay, social media reel, infographic, or 30-second audio clip to promote 988 - the Suicide and Crisis Lifeline. Teachers can help students choose which medium fits best with their subject area. Students should specify the audience for their promotion. Identify a time when someone might be at higher suicide risk. How can you encourage them that hope, and recovery is possible?

What is YOUR message to someone in need?

Deadline for Entries:

November 1, 2024



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