

Despair » suicidal thoughts or even suicide attempts – *common* in Depression.

- Feeling *stuck* – seemingly no way out.
- *Pain* of living goes on and on – pain of dying seems brief.
- Feeling *alone, unloved* – that leaving would be no big deal!
- Feeling *a burden* on others, that they'd be *better off* without you.
- Or those who hurt you may finally *understand* the suffering they caused.

You're truly suffering, but the REALITY may not be what you think!

- Sneezing = symptom of a cold; with depression, life looks bleak - a *symptom* of depression. So, *depression* is the problem, *not* your life!
- What you're perceiving is how it SEEMS because you feel depressed.
- Things are *coloured* by your emotions – unable to see the good stuff. This *doesn't* mean it's not there!
- Even if things *are* awful, you have a *better chance* dealing with them if depression is sorted out *first*. See it in a new light

Not a good idea to make a *permanent* decision based on a *temporary emotional state!* Death is very permanent.

- Have I *really* explored *all* options, sought *help*, *worked* on my problems?
- What would be the *true* impact of my death?
- Is there *really* no hope – or just lost sight of it?
- Have I given others the *chance* to care, *clearly* told them how I feel?
- In their place, would I want them to *die* to ease my burden?

Recognise you're *not well* at present, *not coping*, and you need *help*.

- Tell someone! Call a *crisis line*, *friend*, *family*, *teacher*, *pastor* or *counsellor* *

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There is always hope of finding hope...

You might eventually say, "that was a *hard* time, I swore I'd *never* get so *down* again, *something* had to *change*, it wasn't *easy*, but I'm glad now because I finished up *better* than *before!*".