

## Suicide/Depression

Chronic anxiety or depression can lead to a feeling of hopelessness and suicidal thinking. A dear friend once told me, “Just because one does not perceive hope doesn’t mean it’s not out there”. Consider the Chilean miners, trapped underground for 70 days, each struggling with their own spiritual, emotional and physical battles; but never giving up hope. Their clinging to hope of rescue speaks volumes to the resilience of the human spirit.

I urge you to check out the resources below and seek help; if not for yourself then for a friend or loved one. These web sites are your bridge to hope.

There are many in our communities that do not receive a newspaper. Therefore, I am asking that if you would please post this information in a prominent place at work, school, church, meeting hall, or public bulletin board. You may help someone find help and hope. Thank you.

### 24/7 Call Centers:

911 – For life threatening situations

211 – For counseling and referral

### Referral, assistance, and information:

[www.elkhartsuicideprevention.org](http://www.elkhartsuicideprevention.org)

[www.suicide.org](http://www.suicide.org) – OR

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

National Alliance on Mental Illness Indiana [www.namiindiana.org](http://www.namiindiana.org)

American Psychiatric Association [www.healthyminds.org](http://www.healthyminds.org)

National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)

### Medications:

Family Physician, Internist

### Faith Based Counseling:

River of Life Community Church, Elkhart [www.GodsRiver.com](http://www.GodsRiver.com)

Find it Here [www.fintithere.com](http://www.fintithere.com)

Care Notes [www.carenotes.com](http://www.carenotes.com) – OR 1-800-325-2511

### Pre- and Post-intervention Training

Connect

[www.elkhartsuicideprevention.org](http://www.elkhartsuicideprevention.org)