



One Sabbath: Celebrating Life, Hope, and Reasons to Live

There is a reason for each of us to be here—alive—the young and old, the weak and strong, the sick and the healthy. Our community of faith should be a place where we protect and comfort each other when faced with the issue of suicide. This week, we celebrate reasons to live—today and every day.



Let's be honest, life can sometimes feel overwhelming and challenging.

Sometimes events can leave us feeling worthless, abandoned, or isolated. [Insert the name of your faith community] seeks to be a caring community that focuses on the hope that, in God's time, life's challenges can be overcome and bad feelings will subside. Through connections within our own community, we can find the strength to live out each day as God gives it. If that living ever becomes unbearable for any one of us, we should know how to access and provide connections and support, including the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK), a free, confidential crisis line available 24/7, anywhere in the U.S.



Faith.Hope.Life. is a reminder that God loves you and knows your struggles.

Even when you walk through the valley of the shadows and feel that you don't have the strength to face another day, God is with you. God can give you help through friends, loved ones, co-workers, members of your faith community, your [insert the term you use for faith leaders: rabbis, pastors, imams, priests], and professionals such as counselors, therapists, and doctors. They can be God's heart and God's listening ear when you feel most troubled and alone.



If you know someone (including yourself) who needs help with the difficult challenges of life, has lost hope or withdrawn from others, feels trapped like there is no way out, or has no will to go on, reach out. Let others help. It could make all the difference. Where there is help there is hope.

Resources for Help

National Suicide Prevention Lifeline (24 hours):

1-800-273-TALK (8255); www.suicidepreventionlifeline.org

Pathways2Promise: Ministry and Mental Illness:

pathways@mimh.edu



The Faith.Hope.Life. campaign is an initiative of the National Action Alliance for Suicide Prevention.