

A View From The Bridge

by

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- Introduction
 - Suicide cannot be predicted
 - Suicide is a leading cause of death (12th) in the United States—30,000 per year. In *Johnson v. United States* and *Paradies v. Benedictine Hospital* the court said that “accurate prediction of dangerous and particularly of suicide and homicide, are almost never possible.”
 - Medications often used today are less likely to result in suicide than medications often used in the past. SSRIs are less dangerous than TCAs; benzodiazepines are less dangerous than barbiturates. This does not mean the medications that can be more dangerous in overdose should never be used. Clozaril carries antisuicide effects in schizophrenics. Lithium also has antisuicide effects. Since the recent black box warning regarding increased suicide ideations (4% on antidepressants versus 2% on placebo) in children and adolescents on antidepressants, the use of antidepressants has decreased in children and adolescents and the incidence of suicide has increased.
- Bible verses
 - Matthew 11:28-30 / Come to me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.
 - Luke 18:1 / Then He spoke a parable to them, that men always ought to pray and not lose heart.
 - Psalm 34:4 / I sought the Lord, and He heard me, and delivered me from all my fears.

- The view is dangerous
 - 32,000 people in the USA commit suicide annually.
 - One million people worldwide commit suicide annually.
 - Depressive disorders are the most frequent causes of suicide.
 - Most suicide attemptors were never treated with antidepressants.
 - 55% of suicide victims were intoxicated or drinking at the time of suicide.
 - Suicide is the third cause of death among adolescents (MVA = #1, homicide = #2).
 - Protein kinase A (PKA), a phosphorylating enzyme, a signaling molecule that by phosphorylating proteins influences many physiologic functions of the brain, plays a role in suicide. It is low in suicide.
 - In bipolar disorder:
 - the suicide rate is 60 times higher than in the general population
 - 25 to 60 percent will attempt suicide at least once
 - 20 percent will die of suicide
 - substance use ↑ the suicide risk (40 percent of bipolars with substance use attempt suicide)
 - substance abuse is higher in bipolar disorder and schizophrenia (56%)
- The above is significant because of the high prevalence rate of bipolar disorder:
- 3.5 percent (schizophrenia is only 1 percent)

- The view is inaccurate

Risk factors for suicide include:

- depression
- alcohol intake
- schizophrenia
- insomnia
- loss
- victimization
- relationship conflict
- suicide notes

- family history of suicide
- previous suicide attempts
- previous self-harm
- single
- gun ownership
- male gender
- caucasian race
- old age
- widowed or other recent bereavement
- separated
- imprisoned
- living alone
- no children in home
- medical illness
- pain

Reasons sometimes given for suicide include:

- burdensomeness
- failed belongingness
- unendurable psychological pain

A medical condition associated with suicide is cancer; in order of suicide risk consider in order:

- prostate (highest)
- lungs
- bronchus
- colorectal
- hematological

- The view is incomplete
 - Christ
 - Friends and Family
 - Other people

- People contemplating suicide should be offered hope and given specifics for the many helps available today.
- Conclusion
- Bible verses
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Resources

- Minirth Clinic – for outpatient care and **individualized retreats**
www.minirthclinic.com
972-669-1733 or 1-888-MINIRTH (646-4784)
- Hearts of Love International Ministry (for pastors and Christian workers)
www.holinternational.org
- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas
1-888-789-HOPE (4673)
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Retreat for Women and Girls
www.christmascreekvillage.com
- To obtain books written by Frank Minirth:
 - Books available only through the Minirth Clinic:
 - Psychopharmacology 2010, 600 pages
 - The Reflective Genius (obsessive compulsive disorder) 225 pages
 - Grace In Salvation (difficult to understand Bible passages on salvation) 250 pages
 - Other Minirth books available through www.amazon.com