

# **LIFE IS A GIFT, SUICIDE IS NOT AN OPTION**

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## **Suicide Advocacy Project**

### **Members**

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# Project Proposal:

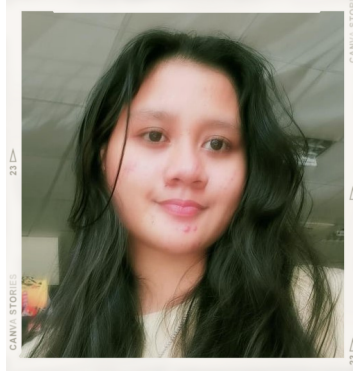
## Introduction of the Members

**Liahona Haley  
Javelona**



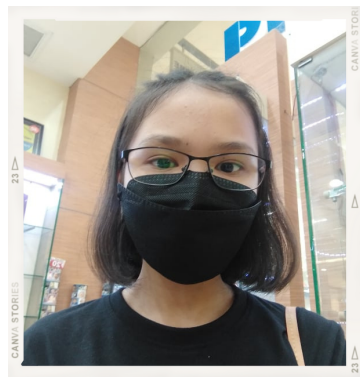
(Project Proposal)

**Ayesha Sase**



(Introduction)

**Francine Chantelle  
Diafante**



(Rationale)

**Abigail Barbas**



(Solutions)

**Nick Ivhan Asuelo**



(Prayer And  
Acknowledgments)

## Objectives

To Prevent Suicide

To Help Cure Depression and  
Anxiety

To Help Those Who Are  
Suffering From Suicidal  
Behaviors

## Specific Beneficiaries

Church

School Guidance

Suicide Hotlines

# Introduction:

## Background of the Issue

Suicide is when an individual takes their own life. Suicide becomes a solution for someone to terminate their agony and misery. It has an impact on everyone in your life, including your parents, family, relatives, and the love of your life. Many people regard suicide to be a sin in which you will suffer severely compared to when you are living.

## Root Causes

Bullying, anxiety, depression, inability to handle oneself, financial troubles, physical state, and any emotional damage that results in suicidal ideation or actual suicide are all factors that can lead to a person's death. These factors have the potential to make people desire to vanish and stop their suffering. It's an endeavor to feel free in your own company without worrying about anything.

## Stand of the Church

Everyone has the duty to lead his or her life in accordance with God's plan. That life is entrusted to the individual as a good that must bear fruit already here on earth, but that finds its full perfection only in eternal life. Suicide has always been considered by the Catholic Church as a grave offense, which is one of the elements that constitute mortal sin. As the Catechism of the Catholic Church states, "It is God who remains the sovereign master of life. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of" (No. 2280).

## Rationale:

Suicide is a global public health concern. It is a very serious issue that shouldn't be ignored or taken lightly. That is why we, as individuals, should take action to solve this matter. With this said, this is the reason why we chose this topic for our advocacy project proposal. This advocacy is essential, especially in today's society, because it elevates and promotes suicide prevention, and pushes forward its implementations. This will help and prevent those individuals who are experiencing suicidal behavior from harming and killing themselves. Furthermore, the need for this advocacy project proposal to be addressed is important since it aims to raise awareness of what suicide is, its causes, solutions, and preventions. This will help in raising awareness to reduce stigma and promote health-seeking behaviors as well as emotional well-being practices to prevent suicide. The need for this advocacy to be addressed will surely encourage individuals to participate in spreading awareness about this serious matter, which can help those who are suffering from suicidal behaviors and prevent suicide. It is fundamental for us, as individuals, to take lead on developing prevention strategies by raising awareness to inform, inspire, educate, and encourage individuals to take part in it.

## Solutions:

### **Awareness of warning signs**

This is what gives us the ability to start helping someone at risk of committing self-harm or suicide. Research precisely about warning signs and act swiftly. Reach out to that person, and do everything in your power to prevent tragedy.



## Check up on friends, never hesitate

There are times when people may not be willing to open up about their hardships, and that's okay. However, it is important to let them know they matter, that they make a difference. Tell them how much you love them, and let them feel enough as they are.

## Be empathetic

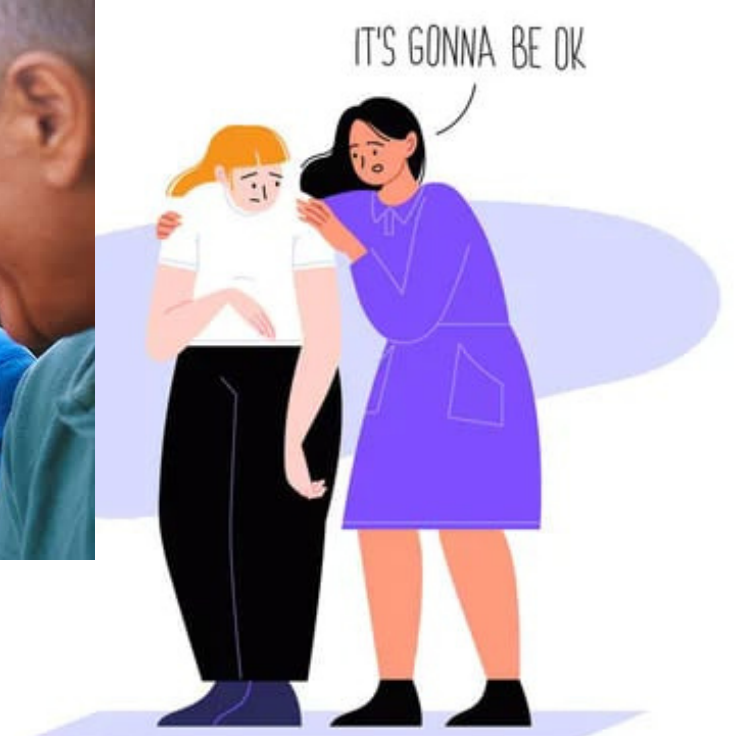
When someone trusts you enough to tell you about their personal struggles, Listen to their problems and make them feel heard, as they should be. Don't share unnecessary opinions, nor disregard their problems as something minor. Validate their feelings and empathize with them; in that way, they'll know that someone, even if it's just one person, cares.

## Talk to a well trusted adult

If the person that opened up to you about their suicidal thoughts told you to keep it between the two of you, tell an adult nonetheless. Although emotional support from friends and acquaintances does help, suicide cannot be prevented without adult interference. You could be saving a life by telling.

## Acts of Kindness

Common courtesy. It may be no other than a simple smile to somebody as you walk your way down the streets, yet this little act can help tons. Studies have shown that a person smiling at you, regardless of familiarity, lifts your mood. But kindness isn't limited to only smiling, for there are various uncountable acts of kindness that we can do to let someone know they're worthy of it.





# Prayer and Acknowledgements:

Righteous God, You are our Guide, Savior, and Home. You are our Home where we seek refuge and protection. We are blessed in Your eyes, oh Lord. Even when we are insulted, bullied, and accused of all evil against us. Even if we are always in trouble, You stretch Your hand to help and save us. God of Peace, Your word states that we are to treat our brothers and sisters in the way we want to be treated. That we should not do anything to harm others as it will come back to bite us. We promise to act on this command and to be considerate of the feelings of others. Father, the patience that You gave us didn't make us weak, it gave us self-discipline and peace. We know that we are not fighting our comrades nor ourselves, but against the evil spirits lingering around this world tempting us. So please give us strength, not to bear grudges or find revenge, but to win this struggle against them and protect our loved ones. We pray that Your angels watch over us. We pray that Your words will be instilled in the minds of Your people. We pray for justice and for righteousness to win. We pray for everyone struggling to have peace of mind. We pray that love and peace will govern the hearts of our brothers and sisters. Our King, we will entrust everything to You. In Jesus's name, Amen.

We would like to acknowledge and send our prayers to those who are struggling with their mental health. We acknowledge those of you who have attempted to end your life or even thought about it. Your courage and endurance to move forward through silent pains are admirable. We acknowledge the loved ones who committed suicide and we would like to send our regards. May your loss allows you to move on and learn. We acknowledge those with anxiety or depression who are lonely. Don't be afraid to talk to your trusted people. Some can't understand but they can make you feel better. You are not alone; always remember that God is with us, even if the world isn't.

# References/Sources:

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