Isaac Goodman Reply

Isaac, this is a really good response to a tough situation. Going into a situation like this you don’t want to build up false hope, but you don’t want to doom the person either. I like how you stated at the end of your post about staying and just talking with the person. So many people don’t realize how much just showing attention to someone can help their mental and even physical conditions. No matter how much the world culture tries to tell us that we don’t need anyone else in our lives we are indeed social creatures created by God to be apart of a community.

Hector Perez Reply

Hector, being a dad and thinking about what this mother went through it unimaginable. I like your comment on being silent and just letting the mother “vent”. This is something that we sometimes try to avoid so there are no awkward silences, but in a situation like this the best medicine I would agree is silence and letting her just talk. Another great thing you mentioned in your post is reassurance. Letting the mother know that you will be there for her no matter what allows her to have that “safety blanket” she is going to need to grasp ahold of during her grief.

Landon Haynes Reply

Landon, I have unfortunately found myself in this situation. When I was in boot camp we had another recruit threatening to commit suicide and another recruit and myself were assigned suicide watch for this recruit. We stayed up all night with him just talking about things going on there in bootcamp and the struggles that we faced there and at home. Eventually, the recruit decided not to go through with it and by the next day he was able to get in touch with a counselor and get the help he needed. I know the situation occurred over a phone so physical interaction was out of the question, but I feel that communication and talking is one of the best deterants for someone in this state. Once you make them feel that others are infact interested in them and concerned for them maybe that can be one step closer to getting them back to the feeling of self-worth.