



## **SUICIDE RESOURCES**

Recommended by Senior Pastor Keith Stewart

### ***RECOMMENDED READING***

Dark Clouds, Silver Linings, Archibald D. Hart, PhD., Focus on the Family Publishing, 1993, ISBN 1-56179-248-9

What to Do When Someone You Love is Depressed, Mitch Golant, PhD. And Susan Golant, Villard Books, 1996, ISBN 0-679-45154-4

Bright Days, Dark Nights: with Charles Spurgeon in Triumph over Emotional Pain, Elizabeth Ruth Skoglund, Baker Books, 2000, ISBN 0-8010-6192-X

### ***ONLINE RESOURCES***

<https://kaywarren.com/suicide/>

<https://www.compassionatefriends.org>

<https://988lifeline.org>

<https://www.healthline.com/health/mental-health/suicide-resource-guide>

### ***REACH OUT***

Call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org). The Lifeline provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. Call 911 in life-threatening situations.