

Suicide Data

Suicide is a very touchy subject for me. My whole life I have dealt with depression and anxiety. Because of this, I have suicide thoughts constantly running through my head. Growing up, I have had a wonderful family where we all have a great testimony in our faith and religion. For some reason I never felt adequate enough for the trials ahead of me. I grew up not feeling smart and I felt hopeless.

Through grade school I struggled with this each day. It finally started to get better my senior year and then after I graduated. I was preparing to serve an LDS mission. After I received my call to serve in Mexico for 2 years, I felt ready and excited to serve the Lord. Once I got to Mexico, a dark cloud hit me. I have never felt so alone and helpless in my life. Feelings of guilt over took my thoughts from feeling depressed. I could not take it anymore and returned home. My mom was not accepting of my decision. She does not understand mental illnesses. This was very hard on our relationship and did not help my situation at the time for I needed all of the comfort I could get. I accepted professional help, which did not end up working.

My wife was the one who was able to calm it and help me for she showed me her love and concern. Suicide is a real thing that I still struggle with from time to time. Looking at the facts on the power points made it seem more of a reality to me that I am not the only one that struggles with this today. Reading the red flags of people who may struggle with suicidal thoughts, made me a little sick inside my stomach. I could relate to each one and made me think how terrible and scary it is for my wife and loved ones. It is a sickness that is all around the world. As I think

about others with the struggle of depression and suicide tendencies, it makes me think about love and how that is all anyone needs and wants. Why is love so important? Love is the light at the end of the dark tunnel. To know that someone loves and cares for you gives you hope and desire.

It was very interesting to read about the gender differences. To me, why it may be higher in men is possibly because we have to role to be the providers for our family whom we love so much, which again, love is very important and so it is a huge role. Also, men seem to be more aggressive and may take that aggression on themselves and actually go with their suicidal thoughts.

It was very shocking to hear that Utah has the highest suicide rate. It is interesting because we are not a state that does not have the sun out all year. I can understand that it might get depressing in the winter, but there are some states where it is dark and dreary all year long like Washington or Alaska. I would be very interested into finding out the reasoning to why in some states there are more suicides than in others. The states that had low suicide rates made sense to me because a lot of them are very sunny places and are places that people want to go on vacation to.

Dealing with suicidal thoughts is terrible. I am not sure why people have to suffer through it. If I could have one wish, it would be to take it away from everyone. There are many people in the world who have serious thoughts of suicide and a lot of the times no one can do anything about it. My advice to anyone who is trying to help with suicide is to love and accept him or her for who they are. Love is the best medicine I believe is out there.