

Haley's Story:

The Irreplaceable Series Bonus Episode



REAL LIFE
MINISTRIES

Haley's Story:

Week Six: Survivors-Haley's Story

Watch Irreplaceable: Haley's Story

Video Recap:

- Was there something that stood out to you?
- Was there anything that surprised you?

(This bonus episode deals with the aftermath of death by suicide for the survivors. It is the story of Jason and Jaimie Farnsworth and their daughter Haley.)

Common Myths: What are common myths about Suicide?

- MYTH: Suicide is a choice. TRUTH: During a moment of mental crisis or attempt, they believe there is no other choice.
- MYTH: If you ask a person if they are having suicidal thoughts, you might put the idea of suicide in their head and increase the likelihood of an attempt. TRUTH: Because of multiple influences in our society, suicidal ideation is more common than we think. Your willingness to bring this topic out into the open may create a safe place for them to process their thoughts, whereby averting an attempt.
- MYTH: Once a person is suicidal they will always be suicidal. TRUTH: There are many stories of people who have attempted but not completed suicide, sought various means of help, and gone on to live long fulfilled lives.
- MYTH: Once a person has attempted suicide and not completed, they will never attempt suicide again. TRUTH: Unfortunately, statistics report many repeated attempts of suicide, often in incidences where the factors influencing the suicidal attempts were not resolved.
- MYTH: When a person stabilizes following a suicide attempt they are no longer at risk. TRUTH: There is often a "honeymoon" period following a suicide attempt during which the person may experience a renewed appreciation of life. However, if the factors which precipitated the suicidal attempt are not resolved, that person may spiral into an even deeper state of hopelessness, believing life will never change which could trigger another attempt.
- MYTH: When a person has been depressed and then suddenly and unexpectedly perks up they are no longer at risk. TRUTH: This sudden switch from a prolonged depressed state to a brighter state could signify that a person has resolved the internal conflict and has determined that suicide would be the best option. This decision (albeit erroneous) can alleviate the internal struggle the person has experienced and produce a sense of resolve and "peace")

Haley's Story:

As Believers: We know we have an enemy and he is a liar.

- What are the lies? Both towards you and towards your loved one?
- Combat with truth. (Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place. Ephesians 6:14) However, the other may not hear it, but truth always reinforces you. (Psalm 86:11, John 17:17, John 16:13)
- Combat with love and action. (It is important to meet people where they are at in their struggle. Practicing active listening and empathy will allow for transparency built on a foundation of intentional relationship)

What is the truth about suicide?

- Suicide is an irreversible choice with many widespread, rippling effects.
- Although it may seem like an end to pain for the person attempting, the pain is only beginning for everyone who is left behind.
- Suicide is not what God or your loved ones want for you. You matter! You're Irreplaceable!

What is the truth about treatment?

- Medication can work., however it may take time and trial and error to find the medication for each person. Don't become discouraged.
- Medication is a part of the answer...not the final answer.
- We need to recognize our limits as parents: Reach out for the help needed for yourself and your loved ones.
- Physical and mental health influence each other. Daily habits that sustain physical health, such as exercise, nutrition and sleep, affect mental wellness.
- Researching and seeking trusted guidance from an experienced professional is okay.

Questions to discuss:

1. What can you do to protect your family in the best way possible?
1. What protective factors do you have in your child/loved one's life?
1. What protective factors do you have in your own life?

Hayley's Story:

Some takeaways that Jaime and Jason would like you to know:

- Haley made the wrong choice and we live in that pain every day. We may not know why she made that choice, but with God we know that we are the "why" she did.
- You as a parent can reach out to others because we need relationships. Honesty and transparency are good, but we encourage you to seek people you can trust because this is a tough subject.
- It is important for your children to reach out in relationships also, but we must also walk alongside them because not all of their relationships may be healthy.
- Transparency will not make people hate you, leave you, or stop loving you. Safely showing vulnerability will allow others an opportunity to practice empathy and may aid in building lasting relationships.
- We can't control others choices. We can only take responsibility for our part. What is our part? Empathy vs Sympathy. Active listening vs trying to fix the problem. Meet people where they are in their situation. Love others because we were first loved!

Truth to focus on:

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 NIV

"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:6 NIV

"Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:21-23 NIV

Local Crisis Resources:

<https://healthandwelfare.idaho.gov/services-programs/behavioral-health>

<https://www.nicrisiscenter.org/>

SPAN: Suicide Prevention Action Network of North Idaho
<https://panhandlehealthdistrict.org/suicide-prevention/>

Idaho Suicide Prevention Lifeline: 1-800-273-8255
Regional Crisis Line - Spokane Area: 1-877-266-1818
National Suicide Prevention Lifeline: 1-800-273-8255



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