

## The Bible and Suicide

CSN do not currently have a specific resource about the Bible and Suicide.

What we DO have are a number of booklets which deal with contexts and situations which could cause a descent towards suicidal thoughts. Each of these booklets includes scriptural references designed to provide a positive perspective on mental and physical suffering.

The most relevant:

Dealing with Depression (Margaret Howarth)  
Matters of Personal Sexuality (CSN Committee)  
Relationship Loss - a journey towards healing (CSN)  
there is also a much older booklet on Coping With Stress.

You can request to be sent these booklets or download some of them, all free.

For individuals contemplating suicide, here are some helpful resources online which also have telephone helplines

<https://www.supportline.org.uk/problems/suicide/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/>

[https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=onebox](https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/?utm_source=google&utm_medium=organic&utm_campaign=onebox)

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

We can also provide a listening ear through our helpline or email:

**Phone: 0800 9545 099 and choose option 1**

**Our Email: [help@chsn.org.uk](mailto:help@chsn.org.uk)**