

# Conversation Guide

## Suicide

Feature  
Presentation

Part  
01

**If you are wrestling with a mental health issue, even though you may feel completely alone, you are in the company of millions of others both past and present.**

### Summary

Over 6.2 million teens in the United States struggle with some sort of mental illness. Additionally, a large amount of of historical figures and celebrities have struggled with mental illness. Even Biblical heroes struggled with feelings of depression. These influential individuals demonstrate that struggling with mental illness does not make you a bad person. Sometimes our brains do things to us that we can't control.

### Reflect, Discuss, and Share

**01** Was there anyone on the list of celebrities who've dealt with depression that you were surprised to see? Why or why not?

**Discuss!**

**02** Most people feel lonely at some point in their lives, even if they have people around them who care. Whether there's a mental health issue at play or not, what's one way someone could show you that they care about you?

**Think about this!**

**03** Have you ever been able identify with any of the feelings Logic described? If so, share that story with your teen(s), and what helped you process through those feelings.

**Be Vulnerable!**

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Psalms 42:11



If you have sustained feelings of sadness or are having a difficult time coping with life, find someone you trust who you can share with about your struggles.



Suicide Prevention  
Lifeline:  
[suicideprevention-lifeline.org](http://suicideprevention-lifeline.org)

Phone #:  
1-800-273-8255