

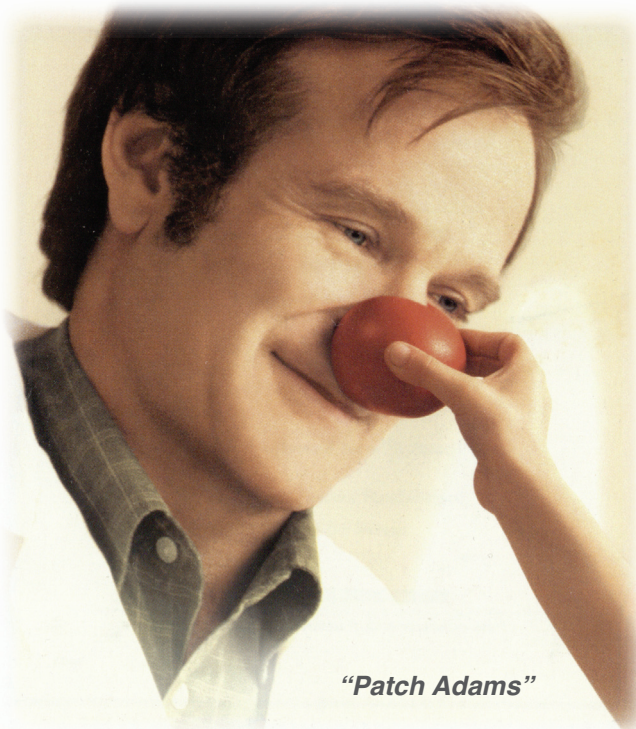
# Let's Talk about Suicide

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The world is pondering the recent suicide of actor/comedian Robin Williams. Everyone has an opinion about this tragedy—all opinions are valid to their authors, including mine. One comment struck me about how suicide is preventable. I believe that Robin Williams prevented his suicide for 63 years and then his last day was just too tough to get through and so he ended his life. This universe is not as wonderful without him.

I have worked in mental health for 27 years. It's strange how I don't remember every client's name with whom I have been privileged to share their journey, yet I do remember every client's name who took their life on my watch. In every case, they were the bravest, most wonderful people, who suffered daily from physical and/or emotional pain to the point where it became too much for them to make it through another day. They all expressed to me how much their lives hurt, how their pain hurt those they



*"Patch Adams"*

loved, and how they seemed to do better at times, but that each day was a struggle. I still miss them every day—just as the world now misses the beautiful soul of Robin Williams.

I still work with suicidal people. With every day that they get through, they have prevented their suicide. I can't keep anyone alive but myself, and on my own final day, I won't be able to do even that. I share with my clients

that I will help them stay alive but I can't keep them from killing themselves. Now there are laws in place that I must follow to get folks into hospitals/centers, when they meet the legal criteria, but they have to tell me so I can do so.

In my opinion, we do not choose the day we are born, so it can be arrogant to think we can choose the day we die. If it is not our day to die, then we won't. I have seen foolproof suicide attempts that have failed, and then the person who lived

through their attempt gets the added suffering of living with the physical consequences of that attempt. People who live through suicide attempts often regret trying to end their lives. Some regret that they lived. It can seem impossible to keep on living at times, but I dread the consequences for those whose suffering increases when it was not their day to die. And I dread the consequences, for both the

## Montana Suicide Hotlines

from [www.Suicide.org](http://www.Suicide.org)

**Toll-Free in Montana:**

**1-800-332-8425**

### BILLINGS

Mental Health Center

(406) 252-5658

### BOZEMAN

Bozeman Help Center

(406) 586-3333

### GREAT FALLS

Crisis Line

(406) 453-4357

### HELENA

Mental Health Service

(406) 443-5353

### KALISPELL

Help Net

(406) 752-8181

sufferers and their loved ones, of any suicide. No act of violence is without its consequences on this or on other planes of existence.

Robin Williams had a quote floating around social media, “I used to think the worst thing in life is to end up all alone. It’s not. The worst thing in life is to end up with people who make you feel all alone.” I encourage you: Be there for someone; be there for each other; be there for yourself. Volunteer and practice **random acts of kindness** (see sidebar). Cheering someone else up will lift your spirits. Learn about the serotonin pathway and find the nutrition (not necessarily the drugs) that can help you to stay on top of your brain and body chemistry.

My favorite poet, Oriah Mountain Dreamer, writes about liking the company you keep when you are alone. Befriend yourself—people would not kill their friends—they would help them through another day. Help yourself through another day; create another chance to create the life you want to live. I know that’s possible.

Despite the way it may appear, you are never alone. Help is always available—spiritual and physical. Feel free to contact me; I’ll help. ■

If you would like to comment, please do so at [PollingtonHealingInstitutePLLC.wordpress.com](http://PollingtonHealingInstitutePLLC.wordpress.com), or on Pollington Healing Institute’s FaceBook page. E-mail Sue at [pollingtonhealinginstitutepllc@gmail.com](mailto:pollingtonhealinginstitutepllc@gmail.com), or call her at (406) 217-5222 (no texting please).

Sue’s ongoing classes are posted on Facebook.

## RANDOM ACTS OF KINDNESS

Many more at [RandomActsOfKindness.org/kindness-ideas](http://RandomActsOfKindness.org/kindness-ideas)



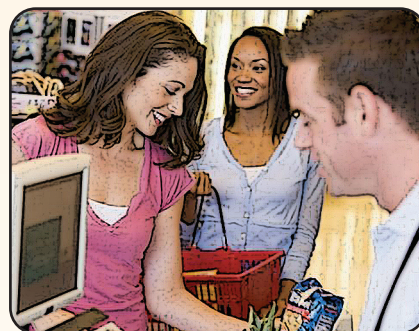
**GIVE AFFECTION.** Sometimes all it takes is a hug, a touch on the arm, a kiss on the cheek, or a squeeze of the shoulders to make someone’s day. So when you are with your loved ones, don’t hold back on affection.



**VISIT AN ANIMAL SHELTER.** There are many benefits to being around pets. (Researchers have found that people who have pets are likely to live longer than those who don’t.) Being around a pet can reduce stress and even help combat depression.



**ASK IF YOU CAN HELP.** Many people find it quite difficult to ask someone for help. They feel that they are inconveniencing the other person. The next time you see someone who looks down or frustrated, ask how you could make the situation better.



**TALK WITH SALES CLERKS.** When you are purchasing your items in the checkout line, take a moment to speak with the employee or clerk helping you and thank them!



**APPRECIATE YOUR TEACHERS.** One of the greatest things a student can do for a teacher is thank them for the time they put into their teaching. Being a teacher takes a lot of patience, so find a creative way to show your teachers how much you appreciate them!

### POLLINGTON HEALING INSTITUTE

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Each Other & the World!*

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- Addiction and Recovery
- Trauma Recovery
- Couples and Family Issues
- Grief, Death and Dying
- Mind-Body-Spiritual Wellness

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