

PTSD/ Suicide/ Emotional Wholeness

Luke 4:18-23 (MSG)

God's Spirit is on me; he's chosen me to preach the Message of good news to the poor, Sent me to announce pardon to prisoners and recovery of sight to the blind, To set the burdened and battered free, to announce, "This is God's year to act!"

Post-Traumatic Stress Disorder (PTSD)

- an anxiety disorder that some people get after seeing or living through a dangerous event.

Adult Symptoms:

- Flashbacks—trauma, increased heart rate and perspiration
- Nightmares
- Frightening thoughts
- Re-experiencing symptoms may cause problems in a person's everyday routine.
- Staying away from places, events or objects that are reminders of the experience
- Feeling emotionally numb
- Feeling strong guilt, depression or worry
- Children and teens can have extreme reactions to trauma, but their symptoms may not be the same as adults. In very young children, these symptoms can include:
 - Bedwetting, after having been toilet-trained
 - Forgetting how or being unable to talk
 - Acting out the scary event during playtime
 - Being unusually clingy with a parent, grandparent or other adult.

Suicide

Statistics

- Approx. 11 people die by suicide each day
- Approx. 4,000 deaths by suicide per year
- Suicide is the second leading cause of death among young people in Canada.
- One in five children and youth in Ontario will experience some form of mental health problem
 - only 18 % get help
- In 2015, 17.0% of Niagara secondary students had seriously considered suicide in the past 12 months.
- 20.4% of grade 7 and 8 students and 33.2% of secondary students wanted to talk about their mental health but didn't know where to go.

QUESTION: What happens to Christians that commit suicide?

Hope for the Road ahead is found in Psalm 23

Truth #1 The Heart of our Lord beats about restoration

Truth #2 God Restores us to introduce us new depths of relationship with Him

Truth #3 God Restores us so that we can walk fearless through the valley

- *Recognize the power of fear*
- *Recognize the power of God's presence*
- *Rest in the protection of the Shepherd*