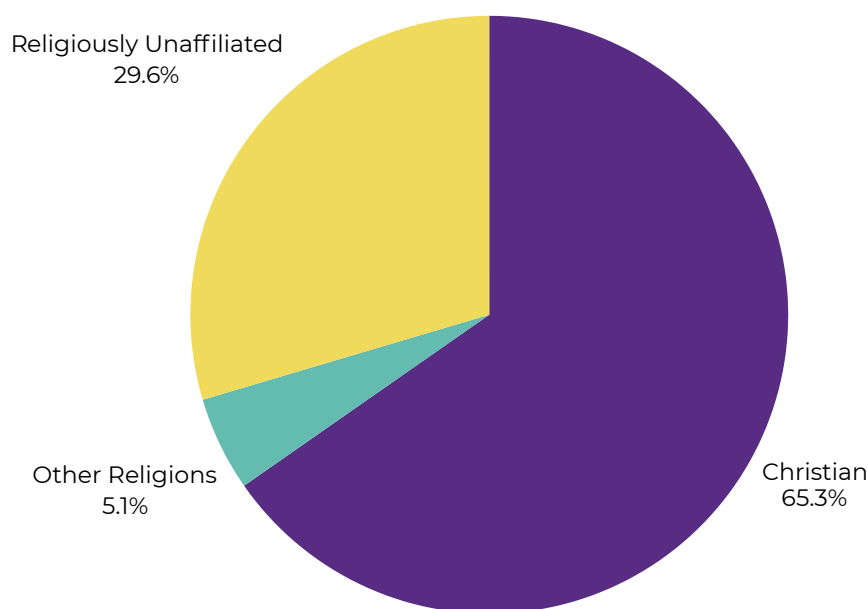


OHIO SUICIDE PREVENTION FOUNDATION

Suicide Prevention in Faith Communities

People with stronger social support had up to **21% lower odds of suicidal thoughts** and **15% lower odds of suicide death**.¹

The Breakdown of Faith in Ohio



Note: 1% did not answer the question. Figures may not sum to 100% due to rounding. Margin of error for 2023-24 figures based on adults in Ohio is ± 3.4 percentage points.

The chart above shows the broad religious landscape in Ohio, but each category represents a rich variety of beliefs.

- Christian includes Evangelical Protestants, Mainline Protestants, Historically Black Protestant churches, Catholics, Orthodox Christians, Latter-day Saints, Jehovah's Witnesses, and other Christian denominations.
- Other Religions include Jewish, Muslim, Buddhist, Hindu, and other world religions.
- Religiously Unaffiliated includes individuals who identify as atheist or agnostic.

References

- 1 The Role of Social Support in Preventing Suicidal Ideations and Behaviors, [National Library of Medicine](#)
- 2 Religious Landscape Study: People in Ohio, [Pew Research Center](#)

Resources

Hope: A Guide for Faith Leaders to Help Prevent Youth Suicide, [U.S. Department of Health and Human Services](#)

Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis, [National Action Alliance for Suicide Prevention](#)

Interested in offering mental health and suicide prevention resources to your faith community? Contact Monaé James at Monae.James@ohiospf.org.

Ohio Suicide Prevention INITIATIVES

Faith-Based Suicide Prevention Community Summit

- OSPF and Life Is Better With You Here hosted the inaugural Faith-Based Suicide Prevention Summit in the Black Community in Columbus, Ohio.
- This event brought together 100 attendees, including faith leaders, mental health professionals, youth, and community advocates.
- Seminars and breakout sessions focused on stigma reduction, resource connection, and self-care for faith leaders while addressing systemic inequities impacting mental health and suicidality in Black communities.

Suicide Prevention in the Black Church

- OSPF offers an interactive 3-hour workshop that equips Black faith communities with practical tools to address youth and young adult suicide.
- Blending faith and science, the workshop reduces stigma, builds awareness, and strengthens support systems.
- Participants leave with actionable strategies and improved access to mental health resources.
- OSPF is applying for this curriculum to be included in the Suicide Prevention Resource Center Best Practice Registry.

Mental Health in the Islamic Community

- With support from community liaisons, OSPF built relationships with Ohio mosques to discuss mental health in the Islamic faith.
- This outreach resulted in relevant rack cards, a podcast episode, and the "Mental Health in Islam" one-pager.
- OSPF continues to partner with Muslim and other faith communities to develop culturally responsive materials.

Faith-Based Capacity Building Initiative

- Developed by PreventionFIRST! (PF!) with funding from the Department of Behavioral Health (DBH).
- Initiative led by PF! Faith Leadership Advisory Team, including OSPF and other community-based professionals with content expertise in faith communities.
- Mini-grant opportunities and ongoing capacity-building webinars on various topics are provided.
- "PF! Building Prevention With Faith Toolkit" and training available upon request at no cost to Ohioans. Contact Amanda Conn Starnier at aconnstarnier@prevention-first.org.

How to Talk About Suicide

Talking about suicide can feel uncomfortable but asking could save a life.

Start the Conversation

Gently mention what you've noticed: *"You've seemed really down lately, and I'm worried about you."*

Ask Openly

Invite them to share: *"Do you want to talk about what you've been going through?"*

Be Present

- Listen without judgment
- Avoid offering quick fixes or advice
- Validate their courage: *"Thank you for trusting me with this."*

Ask the Question

Be direct: *"Are you thinking about suicide?"*

If They Say Yes

- Call or text **988** for support
- Stay with them
- Ask if they have a plan
- Use "we" language: *"We'll get through this together."*

If They Say No

- Watch for nonverbal cues
- Reaffirm your support
- Encourage mental health care

ABOUT

OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.



(614) 429-1528 / OhioSPF.org

