



## Scripture

They surround me all the day like a flood, they assail me all together.  
Friend and neighbour you have taken away: my one companion is  
darkness. Psalm 87(88)

Do not use harmful words in talking. Use only helpful words, the kind that  
build up and provide what is needed so that what you say will do good  
to those that hear you." Ephesians 4:29

Both verses from the Breviary

## Catechism

If a psychologically ill person commits suicide, responsibility for the act of  
killing is often diminished and in many cases completely annulled.

YOUCAT #379 commentary.

## Comment

Suicidal feelings and thoughts can afflict many even at the "best" of  
times, but in times of personal, social, health and economic stress, the  
strain can be augmented to the point of life or death. As mental health  
belatedly starts to gain parity with physical health in the eyes of society,  
we must be vigilant with regards to those who may struggle internally the  
most.

## Organisation of the month

Samaritans are the foremost organisation providing a listening ear for  
adults suffering from personal crises, including those struggling with  
depression, loneliness, suicidal thoughts and suicidal feelings. Samaritans  
offer a non-judgemental listening service to allow those in need the  
space and time to express themselves.

## Pray, Think, Act

**Pray:** Pray: that God the Father will inspire you in the name of Jesus Christ  
His Son to be, by the power of the Holy Spirit, a light in the darkness for  
others.

**Think:** To whom would you turn if you did not family / relatives /  
relations / friends / colleagues for practical and emotional support?

**Act:** Visit [www.samaritans.org](http://www.samaritans.org) for more ways in which you can support  
them.

*"Do as much as you can. God will do what we ourselves cannot do." St  
John Bosco, Letter to Cagliero, November 13, 1875*