

You Don't Have to Die to Make the Pain Stop

A real conversation about suicide, survival, and sacred hope

By Katina Lee

"You're not broken. You're hurting. And pain can heal."

— Katina Lee

*This free downloadable version is made available to
remove cost as a barrier to hope. If you prefer a
printed version, you can order the booklet on Amazon.*

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Disclaimer

This resource is not a substitute for professional mental health care. The author is not a licensed therapist. If you are in crisis, please reach out to a qualified professional or call 988 in the United States.

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Dedication

For anyone who ever thought the world wouldn't notice if you left—

We notice.

We miss you.

We *need* you.

Your life matters more than you know.

This book is for the ones hanging on by a thread,

for the quiet fighters,

and for every soul who has ever felt invisible.

You are seen.

You are loved.

You are not alone.

—Katina Lee

Introduction Letter

Dear You,

If you picked up this book because something inside you is hurting, please hear me when I say this: **You are not alone.**

I don't know everything about your story, but I know what it feels like to carry pain so heavy it makes your chest ache. I know what it's like to smile in public and cry in secret. To wonder if anyone would notice if you disappeared. To feel exhausted by your own thoughts and ashamed for even having them.

And I want you to know—those feelings don't make you broken. They make you human.

This booklet is not a list of things to fix you.

It's a soft place to land.

A place where honesty is allowed and healing can begin. A place to help you feel less invisible.

Inside, you'll find parts of my own story—real pain and real hope. You'll find prayers for when you don't have the words, scriptures that speak truth when your mind is loud with lies, and pages that you can fill with whatever you've been holding in. You'll also find tools to help you take steps toward healing, and even ways to help a friend who may be struggling too.

You don't have to have it all together. You don't have to be perfect. And you don't have to go through this alone.

God is not waiting for a better version of you—He's already reaching for you, right here, right now.

You are not too much.

You are not a mistake.

You are deeply, wildly loved.

So, take a breath. Take your time.

And take this book as proof that you matter—more than you know.

With love,

Katina Lee

Chapter 1: Understanding Suicide and Suicidal Ideation

“The first step to healing is understanding.”

What You’re Feeling Has a Name

A deeper look at suicidal thoughts and emotional pain

What Is Suicidal Ideation?

Suicidal ideation is the clinical term for **thinking about, considering, or planning suicide**. It doesn’t always mean someone is actively trying to end their life—but it’s a **sign of deep pain that needs attention**.

There are two common types:

- **Passive Suicidal Ideation**

“I wish I wasn’t here.”

“It wouldn’t matter if I disappeared.”

These thoughts aren’t connected to a plan, but they reflect hopelessness and disconnection.

- **Active Suicidal Ideation**

Thoughts that include intent or planning—such as considering methods or writing goodbye letters.

These require immediate support and intervention.

If you’ve ever had these thoughts—you are not weak, dramatic, or attention-seeking. You are **hurting**, and hurting people need help, not judgment.

What It Feels Like

Sometimes, suicidal thoughts feel like:

- A fog you can’t see through
- Emotional numbness or feeling like you’re floating outside your own body
- Crushing pressure, shame, or despair
- Exhaustion so deep you can barely pretend to function
- A secret you’re afraid to say out loud

It’s not always about wanting to die.

Often, it’s about **not knowing how to keep living** the way things are.

What Causes These Feelings?

There’s no one reason someone struggles with suicidal ideation. It’s often a mix of:

- **Unresolved trauma**
- **Chronic stress or bullying**
- **Mental health conditions** like depression, anxiety, PTSD, bipolar disorder

- **Family dysfunction, abuse, or neglect**
- **Identity rejection** (such as LGBTQ+ youth facing judgment or isolation)
- **Academic pressure, poverty, substance abuse, or loss**

No matter the cause, what's true is this:

You deserve support. You deserve to be here.

Suicide Statistics (U.S.)

Here are just a few heartbreaking—but important—facts:

- Suicide is the **second leading cause of death** for people aged 10–24.
- Over **1 in 5 high school students** have seriously considered suicide.
- More than **50% of people who die by suicide never received mental health treatment.**
- LGBTQ+ youth are **more than 4x more likely** to attempt suicide than their peers.
- **Most survivors of suicide attempts later say they're grateful they lived.**

(Source: CDC, NIMH, The Trevor Project, AFSP)

These aren't just numbers.

They're reminders that **you are not alone**, and that **others have felt this way and made it through.**

If You're in Crisis

You don't have to figure this out alone.

- **Call or Text 988** (Suicide & Crisis Lifeline – 24/7)
- **Text “HOME” to 741741** (Crisis Text Line – anonymous & free)
- **Talk to a trusted adult, teacher, counselor, or coach**
- **Reach out to a friend—even if you don't know what to say**

Asking for help isn't weakness—it's **strength in survival.**

Final Truth

You don't need to die.

You need support.

You need love.

You need time.

You need healing.

And all of that is possible.

You matter. You are wanted. And you are worth saving.

What to Say If You're Struggling

Sometimes the hardest part is asking for help—especially when you don't have the words. If you're hurting but don't know how to explain it, here are a few things you can say to someone safe:

To a Parent, Teacher, Counselor, or Trusted Adult:

- "I don't want to die... but I don't know how to keep going."
- "I'm really struggling right now and I need someone to talk to."
- "Can you just sit with me for a minute? I don't feel okay."
- "I'm not in immediate danger, but I've been having scary thoughts."

To a Friend or Peer:

- "I don't expect you to fix it—I just need someone to listen."
- "I feel overwhelmed. Can I tell you what's going on in my head?"
- "I think I need help, but I'm scared to ask. Can you help me talk to someone?"

You don't have to say it perfectly. You just have to speak up.

Your words don't need to be polished—they just need to be honest. Asking for help doesn't mean you're failing. It means you're fighting.

Chapter 2: Hopelessness Is a Lie

There was a season in my life where everything felt so heavy, I forgot what it was like to breathe without effort. My bedtime prayer every night was that God just take me in my sleep, and I was angry every morning when I woke up because he was making me go through another day. I wasn't eating. I wasn't crying. I was just existing—numb, hollow, and tired.

One night in July of 1998, I woke up from another restless slumber, startled by something I couldn't name. My body jolted upright, but the room was still. Quiet. I laid back down, hoping to slip back into the only place I'd found peace—sleep. But even that had become rare. I was no longer crying like I used to. This time, there were no tears left.

I dragged myself to the mirror. What stared back at me didn't look like me. My face held no sadness, but also no joy. No peace. No anything. I was just... nothing. I remembered a time when I had dreams. When I had hope. But now, looking into my own eyes, I couldn't find even a flicker of life.

It hadn't been one traumatic moment. It was a slow erosion of self. A thousand silent compromises. A lifetime of pain and shame. I stood there trying to trace how I had gotten here, and the only answer I had was this: I had stopped believing I mattered.

In that moment, I didn't want to die. I just didn't know how to keep living.

My thoughts grew darker. A quiet voice in my mind whispered, *If your soul is already dead, maybe your body should follow*. It felt like the most logical conclusion. My family would be better off. The pain would finally stop. The world wouldn't miss me.

What I didn't realize was that there was a war being waged over my life—a spiritual war that had started long before this moment. I believe there were demons rejoicing that night. They had tried to destroy me since I was five years old, when someone I trusted took something from me I didn't know how to protect. The abuse planted seeds of shame and lies that told me I was only good for one thing. And with every unhealthy relationship, every piece of myself I gave away, those lies grew louder.

I wrote goodbye letters to my children and the rest of my family. I wanted them to know it wasn't their fault. Then I sat on the floor with pills in one hand and liquor in the other. The demons thought they had won.

But then... something happened.

Out of nowhere, I reached for a Bible I hadn't touched in months. I wasn't feeling spiritual. I didn't even know what I was doing. But when I opened it, it fell—without effort—to this verse:

“Come to me, all who are weary and carry heavy burdens, and I will give you rest.” — Matthew 11:28

It didn't fix everything. It didn't erase the pain. But in that moment, something cracked open inside me. Not a breakdown. A breakthrough. I cried—for the first time in months—not out of despair, but out of *relief*. Somehow, I felt seen. Not judged. Not condemned. Just... invited.

God didn't ask me to be better. He just asked me to come.

And that night, I didn't choose healing. I didn't choose joy. I didn't choose faith.

I simply chose to stay.

If I had believed the lie... I wouldn't be here. I wouldn't have watched my children grow. I wouldn't have held my grandchildren. I wouldn't have found purpose, healing, or peace. And I wouldn't be writing this for you.

Hopelessness is one of Satan's most effective weapons. He convinces people they're beyond saving *right before* their breakthrough. But here's the truth:

You are not too far gone. You are not too broken. You are not alone.

And if you're still here... that means hope is still here too.

So, say it out loud, even if you don't believe it yet: **Hopelessness is a lie. I am worth the fight.**

Chapter 3: Held

"Even when you can't hold yourself together—He's still holding you."

There are moments in life when everything inside you feels like it's breaking.

Moments where you're not sure if you're breathing... or just existing.

When your smile is a mask and your silence is screaming for someone to notice.

When the thought of getting through another day feels like asking too much.

If you've ever felt that way—I want you to know something:

You are still being held.

You may not feel it.

You may not see it.

But the hands that made you haven't let go of you.

I used to think God was only near when I was strong—when I was praying regularly, doing “better,” and holding it all together.

But then life unraveled.

And I didn't have the energy to pray.

I didn't feel holy. I didn't feel seen.

I didn't even know if I believed God was close.

But looking back, I know now... that's when He was closest.

I didn't feel Him because I was numb.

I didn't hear Him because my thoughts were loud.

But He was still there. Holding me. Carrying me.

I didn't climb out of my darkness on my own.

God carried me out—bit by bit, breath by breath.

There's a passage in the Bible that says:

“My soul clings to You; Your right hand upholds me.”

— **Psalms 63:8**

It doesn't say, *“I'm holding on and doing great.”*

It says, *“Your hand is holding me up.”*

God never asked you to be the strong one.

He never expected you to hold all the pieces together.

That was never your job.

Your job is simply this:

To come.

Broken. Messy. Heavy. Numb.

However you are.

Because even if your grip on God is weak...

His grip on you is unshakable.

Even when you don't feel Him—He's there.

Even when you can't hold yourself together—He's still holding you.

Even when you let go—He doesn't.

You are not carrying this alone.

You are not expected to.

You are being *held*.

Chapter 4: Stay

“Maybe the bravest thing you’ll ever do is not give up.”

There were nights when I wanted nothing more than to disappear.

Not because I hated my life...

But because I felt like I wasn’t really living it.

Because I was tired. Because I felt like a ghost in my own story.

Because trying to hold it together all the time was slowly tearing me apart.

And in those moments, the loudest voice in my head didn’t say, *“You’re selfish.”*

It whispered, *“You’re exhausted. You’ve failed everyone. You don’t belong.”*

But none of that was true.

They were lies.

Lies dressed up in sadness.

Lies whispered by shame.

Lies repeated by pain.

And I want to tell you something that no one told me when I needed it most:

You can stay. Even when it’s hard.

You can stay. Even when you feel broken.

You can stay. Because this pain is not your whole story.

Staying doesn’t mean you ignore your pain.

It doesn’t mean pretending everything’s fine.

It means taking one breath... and then another.

It means asking for help. Crying when you need to. Resting when you need to.

It means showing up for yourself—even when it feels like the smallest act.

Stay for the quiet sunrise you haven’t seen yet.

Stay for the people who will love you in the future.

Stay for the moments of joy that will sneak in when you least expect them.

Stay because you are worth staying for.

There’s a verse I held onto when I didn’t know what else to do.

I didn’t understand it at the time—but now I do:

“I would have lost heart, unless I had believed

That I would see the goodness of the Lord

In the land of the living.”

— **Psalms 27:13 (NKJV)**

That “land of the living”?

That’s *this* life.

Here. Now.

And even if you’ve only seen pain up to this point... there’s still goodness coming.

So, here’s my prayer for you:

That you’ll stay.

Stay and let healing surprise you.

Stay and let God rewrite what you thought was over.

Stay and let love find you—true love, healing love, God-love.

You don’t have to climb the mountain today.

You don’t have to feel strong today.

You just have to stay.

Even if you feel like you’re barely holding on...

I promise—God is still holding you.

Chapter 5: Even Here

There's a kind of ache so deep it feels like God couldn't possibly be there.
But He is.

Even here—in this ache, in this grief, in this secret pain—God is with you.

Even when you're curled up on the bathroom floor, begging for a way out.
Even when you're too ashamed to speak it out loud.
Even when you've stopped praying—because you're too angry, too hurt, too done.
Even when you're ready to let go.

God doesn't wait for the cleaned-up version of you.
He walks into the messy middle and sits with you in it.

Psalm 139:8 says:

"If I make my bed in hell, You are there."

That means *even in hellish places*—the nights where you wish you wouldn't wake up, the mornings where you're angry that you did—He is still near.

You are never too lost.
Never too far.
Never too broken.

Not then.
Not now.
Not ever.

He sees what no one else sees.
He holds what no one else can hold.
And He loves you right here, right now, even in this.

Chapter 6: Truth I Can Speak When the Lies are Loud

Scripture Confessions for the Days I Don't Feel Okay

When I Feel Alone

Confession:

I am not alone, even when I feel invisible.

God is near me in this pain.

He sees me. He stays. He holds me.

Scripture:

"The Lord is close to the brokenhearted;
He rescues those whose spirits are crushed."

— *Psalms 34:18*

When I Feel Hopeless

Confession:

This is not the end of my story.

God has a plan for me, even if I can't see it right now.

Better days are still coming.

Scripture:

"For I know the plans I have for you," declares the Lord,
"plans to prosper you and not to harm you,
plans to give you a future and a hope."

— *Jeremiah 29:11*

When I Feel Like a Burden

Confession:

I am not a problem to fix.

I am a person to love.

I am not too much for God.

He wants me close.

Scripture:

"Cast all your anxiety on Him because He cares for you."

— *1 Peter 5:7*

When I Feel Like Giving Up

Confession:

God's strength will carry me.
I don't have to be okay to be held.
I will not quit—God is fighting for me.

Scripture:

"Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand."
— *Isaiah 41:10*

When I Feel Like I'll Never Be Okay Again

Confession:

My heart will not feel like this forever.
God is healing me one breath at a time.
This sadness is not who I am. It's what I'm walking through.

Scripture:

"Weeping may last through the night,
but joy comes with the morning."
— *Psalms 30:5b*

When I Feel Like I'm Not Enough

Confession:

I am loved just as I am.
I don't need to prove myself.
God made me with purpose and value.

Scripture:

"I praise you because I am fearfully and wonderfully made."
— *Psalms 139:14*

When I'm Scared to Keep Living

Confession:

Even here, God is with me.
Even now, I matter.
Even this fear is not bigger than His love.

Scripture:

"If I go up to the heavens, you are there;
if I make my bed in the depths, you are there."
— *Psalms 139:8*

When I Just Need to Feel Held**Confession:**

I don't have to carry it all.
Jesus invites me to lay it down.
He will give me rest.

Scripture:

"Come to me, all you who are weary and carry heavy burdens,
and I will give you rest."
— *Matthew 11:28*

Chapter 7: When I Don't Have the Words

Prayers for the Hard Moments

When I feel invisible

*God, do You see me?
I feel like no one notices.
I could disappear and maybe no one would even care.
But I'm choosing to believe You see me—
even here, even now.
Help me feel Your eyes on me.
Whisper back to my silence.
Remind me I matter to You.*

When I feel like I'm going to explode

*Everything is too loud.
Too much. Too fast. Too heavy.
God, I'm overwhelmed.
I don't know what to say or how to fix it.
All I know is I need You right now.
Please hold my thoughts, hold my body, hold my heart.
Wrap peace around my mind like a blanket and breathe for me when I forget how.*

When I hate who I see in the mirror

*God, I'm so tired of hating myself.
I don't like what I see.
I don't like who I am.
But if You made me—then help me learn to see what You see.
Speak louder than my shame.
Tell me I'm not a mistake.
Remind me that I was created on purpose and for purpose.*

When I feel like a burden

*God, I feel like everyone would be better off without me.
I try to smile, I try to help, but I always end up feeling like a weight.
Am I too much?*

*Please tell me I'm not.
Please tell me I'm wanted.
Help me believe that I have a place in this world and that someone still needs me here.*

When I want the pain to stop

*I don't want to feel like this anymore.
I'm not sure how much longer I can keep going.
God, I don't want to die... but I don't know how to live like this either.
Please come close.
Interrupt these thoughts.
Hold me when I'm falling apart and carry me through this storm.
Don't let go of me. Not tonight. Not ever.*

When I'm scared to ask for help

*I feel weak for needing someone.
But the truth is... I can't do this alone anymore.
Give me the courage to speak.
Put someone safe in my path.
Help me believe that asking for help doesn't make me a failure—it makes me brave.*

When I want to believe things can get better

*God, it's hard to imagine healing.
But I want to.
Even if it takes time, even if I have to start small—
teach me to hope again.
Let Your voice be louder than the darkness.
Let Your light find me, even here.
Walk me out of this valley, step by step.*

Chapter 8: The Lie vs The Truth

The Lie: “I’m too broken to be loved.”

The Truth: You are deeply loved by God, even in your brokenness.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

Declare this:

“I am not too broken. I am becoming.”

The Lie: “No one would miss me if I was gone.”

The Truth: Your life has a purpose—and people need you here.

“Before I formed you in the womb I knew you.” – Jeremiah 1:5

Declare this:

“I was created on purpose, for a purpose.”

The Lie: “It will never get better.”

The Truth: Seasons change—and this pain will not last forever.

“Weeping may endure for a night, but joy comes in the morning.” – Psalm 30:5

Declare this:

“This is a chapter, not my whole story.”

The Lie: “God must be disappointed in me.”

The Truth: God’s love is unconditional—even when you feel lost.

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” – Romans 5:8

Declare this:

“God’s love reaches me right where I am.”

The Lie: “I’ll never be happy again.”

The Truth: Joy is not gone—it’s waiting for healing to uncover it again.

“The joy of the Lord is your strength.” – Nehemiah 8:10

Declare this:

“Happiness is not gone. It’s healing.”

Chapter 9: Emergency Grounding Plan

A page to come back to when everything feels too heavy.

You don't have to remember what to do when your brain feels foggy or flooded.

Use this page as your lifeline. Fill it out in a moment of calm. Come back to it when you're struggling.

Safe People I Can Reach Out To

(Write down at least 2 people who make you feel safe—friends, family, youth leaders, etc.)

1. _____
 2. _____
-

Crisis Support

If you feel like you might hurt yourself or can't see a way out, you can call or text someone 24/7.

National Suicide & Crisis Lifeline: 988

(Call or text—anytime, even in the middle of the night.)

What I Will Do When I Feel Overwhelmed

(Check the things that help or add your own.)

- ☐ Text someone I trust
- ☐ Listen to a calming playlist
- ☐ Cry without shame
- ☐ Go for a walk
- ☐ Use deep breathing (inhale 4 – hold 4 – exhale 4 – pause 4)
- ☐ Pray or talk to God honestly
- ☐ Write in my journal
- ☐ Hug a pet or stuffed animal
- ☐ Remind myself that this moment will pass

Other ideas:

Why I'm Still Here

Write a few reasons that remind you your life has value.

- Someone who loves me: _____
 - Something I still want to experience: _____
 - A dream I'm not done chasing: _____
 - A place I still want to visit: _____
 - Something that makes me laugh: _____
-

A Verse I Want to Hold Onto

Write one scripture that reminds you of truth when your mind feels like a warzone. You can copy one from earlier in this book or write a new one here.

Words I Need to Hear When I'm Struggling

(Circle or write what you need most.)

- You are not a burden.
- This pain will not last forever.
- You are so deeply loved.
- You can get through this.
- You matter.
- You are allowed to rest.
- You are not alone.
- It's okay to ask for help.

Reflection Pages

Space to feel. Space to write. Space to heal.

Use these pages however you need:

- Write your heart out
- Scribble something messy
- Say the things you've been too afraid to say
- Talk to God in your own way

There are no rules here. Just honesty, safety, and space.

"Things I want to say but don't know how"

Maybe it's to a friend.

Maybe it's to your family.

Maybe it's to yourself.

Use this space to get it out without fear.

"What I want God to know about my pain"

He already knows, but He still wants to hear it from you.

Be real. Be raw. Be honest.

“A letter I haven’t sent”

This can be to anyone—someone who hurt you, someone you miss, or someone who has no idea what you're carrying.
You don’t have to send it.
Just write it.

Dear _____,

Sincerely,

“Words I wish someone would say to me”

Sometimes we need to hear the words we’ve never been told.
What do you long for someone to say and mean?

“A truth I want to hold onto”

Write a scripture, phrase, quote, or lyric that keeps you going.

“What I survived that no one knows about”

Sometimes our pain lives in silence.
This is your place to name it.

“Who I thought I had to be vs. who I really am”

Let go of the mask.
What parts of you have been performing just to feel accepted?

“The version of me I want to become”

Not the perfect version. Not the fake one.
But the strong, healed, authentic you that’s still becoming.

“What I want to remember when I feel like giving up”

You can use this space like an emergency reminder.
What truth do you want future-you to come back and read?

“What I think God is saying to me right now”

This could be a whisper in your heart, a scripture you read, or just something you *hope* He’s saying.

Chapter 10: How to Help a Friend

When someone you care about is hurting, you don't have to have all the answers—you just have to show up.

People who are thinking about suicide don't always *look* like they're struggling.

Sometimes, they laugh the loudest.

Sometimes, they check in on everyone else.

Sometimes, they say, "I'm fine"—and they're not.

This chapter is for the moments your gut says, "Something's off."

Here's how to lean in with love and take action when it matters most.

Look for the Signs

Many people won't come out and say, "*I want to die*," but they may show signs like:

- Pulling away from friends or isolating
- Talking about feeling hopeless or like a burden
- Losing interest in things they used to enjoy
- Sleeping too much or not at all
- Giving away belongings or saying goodbye
- Making statements like "You'd be better off without me" or "I'm just tired of everything"

Even if it's framed as a joke—take it seriously.

Ask the Hard Question

Don't tiptoe. Don't avoid it.

Ask directly:

"Are you thinking about hurting yourself?"

"Have you had thoughts of suicide?"

Truth: Asking someone if they're suicidal does **not** plant the idea—it opens the door for them to be honest and get help.

If they say yes:

- Stay calm. Don't freak out or panic.
 - Let them talk. You don't have to fix it—just *listen*.
 - Get help. Don't keep their secret.
-

Remember: You Are Not Their Savior

You are a friend—not a therapist.

You are support—not a solution.

You are a bridge—not the whole rescue team.

Here's what you *can* do:

- Help them call or text **988** (Suicide & Crisis Lifeline – available 24/7)
 - Walk with them to tell a trusted adult
 - Stay close and check in often
 - Let them know they are not alone
-

Pray *With* Them, Not Just *For* Them

If they're open to it, offer to pray aloud:

*"God, we don't know what to do right now,
but we know You're here.*

Wrap Your arms around my friend.

Let them feel seen, safe, and loved.

Give us courage to take the next step together. Amen."

What to Say vs. What *Not* to Say

Say:

- "You matter to me."
- "You don't have to go through this alone."
- "It's okay to not be okay."
- "I'll help you find someone who can help."
- "I'm not going anywhere."

Don't Say:

- "You're just being dramatic."
 - "Others have it worse."
 - "Don't talk like that."
 - "Just get over it."
 - "You're fine—you'll be okay."
-

Following Up Matters

Don't assume they're better just because they smiled the next day.
Check in.
Send a message.
Ask how they're *really* doing.

Your continued presence reminds them:

"Someone sees me. Someone stayed."

Peer Response Script: What to Say in the Moment

Let's walk through what this can sound like—because practice helps:

You:

"Hey, I noticed you've been kinda quiet lately. Are you okay?"

Friend:

"I'm fine. Just tired."

You:

"Yeah, I get that. But this feels deeper than tired. I care about you, and I'd rather be wrong than silent. Have you been thinking about hurting yourself?"

Friend: *(Pauses)*

"...Maybe. I don't know. I just feel done."

You:

"Thank you for telling me. I'm really glad you did. You don't have to go through this alone. We're going to figure out the next step together, okay?"

(At this point: Help them call/text 988, or go with them to talk to a trusted adult. Don't leave them alone if the danger feels immediate.)

Bonus Phrases to Keep in Your Heart

- "You are not a burden. You are a human being who needs care."
- "I'd rather listen to your story than attend your funeral."
- "Asking for help is one of the bravest things anyone can do."

Chapter 11: Closing Letter

I'm So Glad You Stayed

Dear Beautiful Soul,

If you made it to the end of this book, I want to pause and say something simple but true:
I'm so glad you stayed.

Not just stayed with this book—but stayed here.
In this life.
In this breath.
In this moment.

I know the journey hasn't been easy. I know some days you've felt like giving up would be easier than getting up. I know the weight you carry is not always visible to the people around you. But I want you to know—what you're doing right now matters. Every breath you take is brave. Every time you choose to live when life feels unbearable is a victory.

You may not feel strong.
But strength isn't always loud.
Sometimes strength is simply staying.

And one day—not too far from now—you'll look back and realize that the version of you who almost gave up is the same version who made it through. You'll see how the tears you cried watered the soil for something new to grow.

I believe in that future version of you.
The one who laughs again.
The one who trusts again.
The one who feels joy not just as a memory, but as a real moment.

And even if that version feels far away, please remember this:
God is not finished with your story.
He writes beauty from ashes.
He brings life from dead places.
And He still chooses *you*.

So go forward slowly. Go forward honestly.
But **go forward**.

You're not behind—you're rebuilding.
And I'm so, so proud of you for still being here.

With all my heart,
Katina Lee

Scriptures to Carry with You

*"Even to your old age and gray hairs I am he, I am he who will sustain you.
I have made you and I will carry you; I will sustain you and I will rescue you."*
— **Isaiah 46:4 (NIV)**

*"Yet I am confident I will see the Lord's goodness while I am here in the land of the living.
Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord."*
— **Psalms 27:13-14 (NLT)**

*"The steadfast love of the Lord never ceases; his mercies never come to an end;
they are new every morning; great is your faithfulness."*
— **Lamentations 3:22-23 (ESV)**

*"May the God of hope fill you with all joy and peace as you trust in him,
so that you may overflow with hope by the power of the Holy Spirit."*
— **Romans 15:13 (NIV)**

Resources & Support

You are not alone.

If you or someone you know is struggling, please reach out. There is help. There is hope.

Crisis Hotlines

988 Suicide & Crisis Lifeline (U.S.)

Call or Text **988** — Available 24/7

988lifeline.org

Free, confidential support for people in distress or for those supporting someone else.

Crisis Text Line

Text **HELLO** to **741741** — Available 24/7

crisistextline.org

Text-based support from trained crisis counselors.

The Trevor Project (LGBTQ+ Youth)

1-866-488-7386 | Text **START** to **678-678**

thetrevorproject.org

Confidential support for LGBTQ+ youth.

Helpful Websites

- **National Alliance on Mental Illness (NAMI)**
www.nami.org
Education, advocacy, and local support resources.
- **To Write Love on Her Arms (TWLOHA)**
www.twloha.com
Support for those struggling with depression, addiction, self-injury, and suicide.
- **Jed Foundation (JED)**
www.jedfoundation.org
Mental health resources for teens and young adults.

Faith-Based Support

- **Focus on the Family**
www.focusonthefamily.com
Biblically based support and resources for families and individuals.
- **Find a Christian Counselor**
www.aacc.net (American Association of Christian Counselors)
Search for licensed Christian counselors by state.

Need More?

If you're looking for encouragement, prayer, or next steps, visit:

KatinaLee.com

You'll find more tools, free downloads, and hope-filled resources from the author.

About the Author

Katina Lee is a certified life coach, hypnotherapist, and passionate mental health advocate with a deep commitment to helping others find hope in their darkest moments. Having personally battled suicidal thoughts throughout her teens and young adulthood, Katina knows the weight of silent pain—and the power of feeling seen.

She is the author of *Beyond the Break* and the companion *Journal Guide*, tools designed to support emotional healing, especially in the wake of heartbreak and identity loss. Her transparent approach weaves faith, real-life experience, and practical wisdom to reach those who feel unseen or unheard.

Katina speaks from the heart, whether on paper or in person. She openly shares her own healing journey to remind others: **you are never too broken to be rebuilt.**

If you are part of a school, church, or youth organization and would like Katina to speak on the topic of suicide awareness or emotional wellness, she offers local speaking engagements at no cost.

To learn more, request a speaking engagement, or access free resources, visit KatinaLee.com.