Webinar Follow-up Question and Answer Session with Dr. Mary Jones.

1. **Question from Andrea Westkamp**  
   Are there less suicides among people who believe in God?  
   
   **Answer**  
   Not that I am aware of.

2. **Question from Anonymous**  
   Is there validity to link between higher rates of suicide and geographical elevation? The higher elevations and greater rates?  
   
   **Answer**  
   I have never seen a geography breakdown. I know Az. And Texas have highest rates due to aging population there.

3. **Question from Laura Hodges**  
   Who is the author she just mentioned?  
   
   **Answer**  
   Therese Rando

4. **Question from Stephany Del Re’**  
   How do you help someone who has lost a child to suicide and tells everyone that the child died of a disease?  
   
   **Answer**  
   Refer them to a good grief counselor if they want to go. It may be the only way they can cope at this time, to tell a lie.

5. **Question from Courtney Koch**  
   Do you have any ideas for a survivor who was not present for the death, but is having nightmares of the death or of finding the loved one?  
   
   **Answer**  
   Nightmares after suicide are very common and usually involve finding or joining the deceased. I would recommend intentional dreaming where they tell themselves how they want the dreams to go (or end) right before they go to sleep. I had great success with a client doing this. Also, they can journal the dream and write different, better versions or endings. Seek out a good therapist who knows about suicide grief.
6. **Question from Elzbieta Wojnarowska**
   Do you think that survivors of suicide are more likely to attempt or complete suicide than other individuals?

   **Answer**
   Yes, they are 6-10 times more likely to consider or attempt suicide.

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