# Suicide in General

Although we want to prevent people from killing themselves out of stress or depression and to do everything we can do to take care of each other, the Church of Reality takes the position that a person ultimately has the right to decide to end their own life. Suicide is tragic and is often preventable, often easily preventable. However the principle of personal control over one's own destiny is something that this church considers to be a sacred right, and individuals get to make the important choices in their lives, even if those choices are bad choices.

Having said that, we are one people, one race, and each of us is a part of us all. We live both as individuals and as a community.  When an individual has needs, it is a problem that we all share. As members of the Church of Reality, we have a moral duty to actively reach out and help prevent suicide and give care and compassion for those who are hurting and in need of support.