

Why People Die By Suicide

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The Interpersonal Theory of Suicide - Thomas E. Joiner 2009

This book offers a theoretical framework for diagnosis and risk assessment of a patient's entry into the world of suicidality, and for the creation of preventive and public-health campaigns aimed at the disorder. The book also provides clinical guidelines for crisis intervention and therapeutic alliances in psychotherapy and suicide prevention.

Hope and Healing After Suicide - 2011-05

When people die by suicide, they leave behind family and friends who suddenly find themselves mourning the person's loss and wondering what happened. This guide addresses many personal issues related to a death by suicide, including telling others, working through the grief, finding what helps people to heal, and grieving in children and youth. This Ontario guide also outlines practical things that need taking care of, such as arranging a funeral and dealing with the deceased's personal, legal and financial matters. A resource section lists organizations, websites and books that may help.

Where Reasons End - Yiyun Li 2019-02-05

A fearless writer confronts grief and transforms it into art, in a book of surprising beauty and love, "a masterpiece by a master" (Elizabeth McCracken, Vanity Fair). "Li has converted the messy and devastating stuff of life into a remarkable work of art."—The Wall Street Journal

WINNER OF THE PEN/JEAN STEIN AWARD • LONGLISTED FOR THE PEN/FAULKNER AWARD • NAMED ONE OF THE TEN BEST FICTION BOOKS OF THE YEAR BY TIME AND ONE OF THE BEST BOOKS OF THE YEAR BY Parul Seghal, The New York Times • NPR • The Guardian • The Paris Review The narrator of Where Reasons End writes, "I had but one delusion, which I held on to with all my willpower: We once gave Nikolai a life of flesh and blood; and I'm doing it over again, this time by words." Yiyun Li meets life's deepest sorrows as she imagines a conversation between a mother and child in a timeless world. Composed in the months after she lost a child to suicide, Where Reasons End trespasses into the space between life and death as mother and child talk, free from old images and narratives. Deeply moving, these conversations portray the love and complexity of a relationship. Written with originality, precision, and poise, Where Reasons End is suffused with intimacy, inescapable pain, and fierce love.

The Neuroscience of Suicidal Behavior - Kees van Heeringen 2018-08-23

Contrary to common belief, suicide is preventable and insights from neuroscientific research show how.

Rethinking Suicide - Craig J. Bryan 2021

"When I joined the Air Force in 2005, hostilities in Iraq were escalating,

resulting in more frequent and longer deployments for just about everyone serving in the military, including psychologists. Soon thereafter, the suicide rate among military personnel also started to rise, especially in the Army and Marine Corps. During the first few years of that upward trend, the general sense was that the military was just having a few "bad years." In 2008, however, the age- and gender-adjusted Army and Marine suicide rates surpassed the U.S. general population rate. By the time I deployed to Iraq in February 2009, the military suicide rate had been rising steadily for three consecutive years; the initial assumption that we were simply experiencing a few bad years had dissolved, and an uncomfortable recognition that we had a clear problem on our hands had taken hold"--

No Time to Say Goodbye - Carla Fine 2011-05-11

Suicide would appear to be the last taboo. Even incest is now discussed freely in popular media, but the suicide of a loved one is still an act most people are unable to talk about--or even admit to their closest family or friends. This is just one of the many painful and paralyzing truths author Carla Fine discovered when her husband, a successful young physician, took his own life in December 1989. And being unable to speak openly and honestly about the cause of her pain made it all the more difficult for her to survive. With *No Time to Say Goodbye*, she brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

[Suicide: A Global Perspective](#) - Maurizio Pompili 2012-09-19

In the year 2000, approximately one million people died from suicide: a "global" mortality rate of 16 per 100,000, or one death every 40 seconds. In the last 45 years suicide rates have increased by 60% worldwide. Suicide is now among the three leading causes of death among those aged 15-44 years (both sexes); these figures do not include suicide attempts up to 20 times more frequent than completed suicide. Suicide worldwide is estimated to represent 1.8% of the total global burden of disease in 1998, and 2.4% in countries with market and former socialist economies in 2020. Although traditionally suicide rates have been highest among the male elderly, rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of countries, in both developed and developing countries. Mental disorders (particularly depression and substance abuse) are associated with more than 90% of all cases of suicide; however, suicide results from many complex sociocultural factors and is more likely to occur particularly during periods of socioeconomic, family and individual crisis situations (e.g., loss of a loved one, employment, honour). The economic costs associated with completed and attempted suicide are estimated to be in the billions of dollars. One million lives lost each year are more than those lost from wars and murder annually in the world. It is three times the catastrophic loss of life in the tsunami disaster in Asia in 2005. Every day of the year, the number of suicides is equivalent to the number of lives lost in the attack on the World Trade Center Twin Towers on 9/11 in 2001. Everyone should be aware of the warning signs for suicide: Someone threatening to hurt or kill him/herself, or taking of wanting to hurt or kill him/herself; someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; someone talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person. Also, high risk of suicide is generally associated with hopelessness; rage, uncontrolled anger, seeking revenge; acting reckless or engaging in risky activities, seemingly without thinking; feeling trapped - like there's no way out; increased alcohol or drug use; withdrawing from friends, family and society, anxiety, agitation, unable to sleep or sleeping all the time;

dramatic mood changes; no reason for living; no sense of purpose in life.

Table 1: Understanding and helping the suicidal individual should be a task for all.

Suicide Myths How to Help the Suicidal Person

Warning Sights of Suicide Myth: Suicidal people just want to die. Fact: Most of the time, suicidal people are torn between wanting to die and wanting to live. Most suicidal individuals don't want death; they just want to stoop the great psychological or emotional pain they are experiencing -Listen; - Accept the person's feelings as they are; -Do not be afraid to talk about suicide directly -Ask them if they developed a plan of suicide; -Expressing suicidal feelings or bringing up the topic of suicide; -Giving away prized possessions settling affairs, making out a will; -Signs of depression: loss of pleasure, sad mood, alterations in sleeping/eating patterns, feelings of hopelessness; Myth: People who commit suicide do not warn others. Fact: Eight out of every 10 people who kill themselves give definite clues to their intentions. They leave numerous clues and warnings to others, although clues may be non-verbal or difficult to detect. -Remove lethal means for suicide from person's home -Remind the person that depressed feelings do change with time; -Point out when death is chosen, it is irreversible; -Change of behavior (poor work or school performance) -Risk-taking behaviors -Increased use of alcohol or drugs -Social isolation -Developing a specific plan for suicide Myth: People who talk about suicide are only trying to get attention. They won't really do it. Fact: Few commit suicide without first letting someone know how they feel. Those who are considering suicide give clues and warnings as a cry for help. Over 70% who do threaten to commit suicide either make an attempt or complete the act. -Express your concern for the person; -Develop a plan for help with the person; -Seek outside emergency intervention at a hospital, mental health clinic or call a suicide prevention center Myth: Don't mention suicide to someone who's showing signs of depression. It will plant the idea in their minds and they will act on it. Fact: Many depressed people have already considered suicide as an option. Discussing it openly helps the suicidal person sort through the problems and generally provides a sense of relief and understanding. Suicide is preventable. Most suicidal individuals desperately want to live; they are

just unable to see alternatives to their problems. Most suicidal individuals give definite warnings of their suicidal intentions, but others are either unaware of the significance of these warnings or do not know how to respond to them. Talking about suicide does not cause someone to be suicidal; on the contrary the individual feel relief and has the opportunity to experience an empathic contact. Suicide profoundly affects individuals, families, workplaces, neighbourhoods and societies. The economic costs associated with suicide and self-inflicted injuries are estimated to be in the billions of dollars. Surviving family members not only suffer the trauma of losing a loved one to suicide, and may themselves be at higher risk for suicide and emotional problems. Mental pain is the basic ingredient of suicide. Edwin Shneidman calls such pain "psychache" [1], meaning an ache in the psyche. Shneidman suggested that the key questions to ask a suicidal person are 'Where do you hurt?' and 'How may I help you?'. If the function of suicide is to put a stop to an unbearable flow of painful consciousness, then it follows that the clinician's main task is to mollify that pain. Shneidman (1) also pointed out that the main sources of psychological pain, such as shame, guilt, rage, loneliness, hopelessness and so forth, stem from frustrated or thwarted psychological needs. These psychological needs include the need for achievement, for affiliation, for autonomy, for counteraction, for exhibition, for nurturance, for order and for understanding. Shneidman [2], who is considered the father of suicidology, has proposed the following definition of suicide: 'Currently in the Western world, suicide is a conscious act of self-induced annihilation, best understood as a multidimensional malaise in a needful individual who defines an issue for which the suicide is perceived as the best solution'. Shneidman has also suggested that 'that suicide is best understood not so much as a movement toward death as it is a movement away from something and that something is always the same: intolerable emotion, unendurable pain, or unacceptable anguish. Strategies involving restriction of access to common methods of suicide have proved to be effective in reducing suicide rates; however, there is a need to adopt multi-sectoral approaches involving other levels of intervention and activities, such as

crisis centers. There is compelling evidence indicating that adequate prevention and treatment of depression, alcohol and substance abuse can reduce suicide rates. School-based interventions involving crisis management, self-esteem enhancement and the development of coping skills and healthy decision making have been demonstrated to reduce the risk of suicide among the youth. Worldwide, the prevention of suicide has not been adequately addressed due to basically a lack of awareness of suicide as a major problem and the taboo in many societies to discuss openly about it. In fact, only a few countries have included prevention of suicide among their priorities. Reliability of suicide certification and reporting is an issue in great need of improvement. It is clear that suicide prevention requires intervention also from outside the health sector and calls for an innovative, comprehensive multi-sectoral approach, including both health and non-health sectors, e.g., education, labour, police, justice, religion, law, politics, the media.

Perspectives on a Young Woman's Suicide - John F. Gunn III 2021-12-22

Perspectives on a Young Woman's Suicide is a unique and updated analysis of a diary left behind by "Katie," a young woman who took her own life. By drawing on clinicians, researchers, survivors of suicide loss, and those closest to Katie, this book delves into common beliefs about why people die by suicide and into the internal worlds of those who do, as well as ethical and moral questions surrounding those deaths. Several contributors discuss Katie's suicide from the perspective of recent theories of suicide, including Joiner's interpersonal theory and Klonsky's three-step theory. Two contributors who have lost a child to suicide look at Katie's diary from their perspective, one of whom discusses whether it is truly possible to prevent suicide. Finally, Katie's sister reveals her reactions to this project and her ex-boyfriend shares his account of her death. This book is a vital addition to the library of any researcher, academic, or professional interested in suicide and suicide prevention.

Why People Die by Suicide - Thomas E. Joiner 2005

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's

strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Suicide and Aging - Jane L. Pearson 1996

This book addresses the need for more knowledge about the relationship between older age and suicide. Based on a special issue of *International Psychogeriatrics*, the volume explores the risk factors and clinical profiles of late-life suicide in the hope of gaining a better understanding of this phenomenon. Renowned international researchers examine how the aging process, cultural factors, cohort effects, personality, medical disorders, and the concept of an individual's life course trajectory may contribute to suicide. This book is of interest to professionals, educators, and graduate students in the social and health sciences, including psychology, psychiatry, gerontology, geriatrics, nursing, and sociology.

Someone I Love Died by Suicide - Doreen Cammarata 2009

This newly revised edition of the book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person. Although the language used in the book is simplistic enough to be read along with children and ultimately stimulating family discussion, it can be beneficial to all who have been tragically devastated by suicide. It is recommended for this book to be utilized in conjunction with therapy.

Why People Die by Suicide - Thomas Joiner 2007-09-30

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Suicide - Danuta Wasserman 2016-01-14

Approximately one million people worldwide commit suicide each year, and at least ten times as many attempt suicide. A considerable number of these people are in contact with members of the healthcare sector, and encounters with suicidal individuals form a common part of the everyday work of many healthcare professionals. *Suicide: An unnecessary death* examines the pharmacological, psychotherapeutic, and psychosocial measures adopted by psychiatrists, GPs, and other health-care staff, and emphasizes the need for a clearer psychodynamic understanding of the self if patients are to be successfully recognized, diagnosed, and treated. Drawing on the latest research by leading international experts in the field of suicidology, this new edition provides clinicians with an accessible summary of the latest research into suicide and its prevention. The abundance of new literature can make it difficult for those whose clinical practice involves daily contact with suicidal patients to devote sufficient time to penetrating the research and, accordingly, apply new findings in their clinical practice. In light of the WHO Mental Health Action Plan 2013-2020, this new edition is a timely contribution to the field, and a vital and rapid overview, that will increase awareness of suicide prevention methods.

Stay - Jennifer Michael Hecht 2013-11-12

A leading public critic reminds us of the compelling reasons people throughout time have found to stay alive

Myths about Suicide - Thomas E. Joiner 2010-04-15

We need to get it in our heads that suicide is not easy, painless, cowardly, selfish, vengeful, selfmasterful, or rash; that it is not caused by breast augmentation, medicines, "slow" methods like smoking or anorexia, or, as some psychoanalysts thought, things like masturbation; that it is partly genetic and influenced by mental disorders, themselves often agonizing; and that it is preventable and treatable.

The Dogist - Elias Weiss Friedman 2015-01-01

When Friedman moved to New York City, he missed the dogs that had surrounded him growing up. He began photographing dogs on the street, and posting them on his blog, *The Dogist*. Whether because of the look in a dog's eyes, its innate beauty, or even the clothes its owner has dressed

it in, every portrait in this book tells a story and explores the dog's distinct character and spirit.

You've Reached Sam - Dustin Thao 2021-11-09

An Instant New York Times Bestseller! If I Stay meets Your Name in Dustin Thao's *You've Reached Sam*, a heartfelt novel about love and loss and what it means to say goodbye. Seventeen-year-old Julie Clarke has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city; spend a summer in Japan. But then Sam dies. And everything changes. Heartbroken, Julie skips his funeral, throws out his belongings, and tries everything to forget him. But a message Sam left behind in her yearbook forces memories to return. Desperate to hear him one more time, Julie calls Sam's cell phone just to listen to his voice mail recording. And Sam picks up the phone. The connection is temporary. But hearing Sam's voice makes Julie fall for him all over again and with each call, it becomes harder to let him go. What would you do if you had a second chance at goodbye? A 2021 Kids' Indie Next List Selection A Cosmo.com Best YA Book Of 2021 A Buzzfeed Best Book Of November A Goodreads Most Anticipated Book

When a Loved One Dies by Suicide - Association of Catholic Mental Health Ministers 2020-12-25

When someone you love dies by suicide, confusion, shame, and guilt often add to the emotional upheaval and spiritual turmoil in your life. *When a Loved One Dies by Suicide* was written by Catholics who have lost a loved one due to suicide. The contributors share their personal stories of loss, of learning to cope with the crushing grief, of finding comfort in faith and community, and of discovering hope as they began to move forward again. Suicide, although common, too often is hidden in our culture and in the Catholic Church. *When a Loved One Dies by Suicide* dispels the misconceptions about what the Church teaches about suicide and offers a wealth of guidance and support to help you find your own path toward healing. The contributors include Deacon Ed Shoener, Bishop John P. Dolan, Msgr. Charles Pope, Leticia Adams, Tom and Fran Smith, and clinical experts in the field of mental health and suicide. In this book, you will find: encouragement with practical matters such as

taking care of yourself emotionally, physically, and spiritually; ways to let others know what you need and find a network of support; guidance to tell your story when you're ready to share it; prayers of comfort and encouragement; solace, hope, and healing from within the rich traditions and teachings of the Catholic Church; and information for how to help others experiencing a similar loss, if and when you are drawn to do so.

The Neurobiological Basis of Suicide - Yogesh Dwivedi 2012-06-25

With recent studies using genetic, epigenetic, and other molecular and neurochemical approaches, a new era has begun in understanding pathophysiology of suicide. Emerging evidence suggests that neurobiological factors are not only critical in providing potential risk factors but also provide a promising approach to develop more effective treatment and prevention strategies. The Neurobiological Basis of Suicide discusses the most recent findings in suicide neurobiology. Psychological, psychosocial, and cultural factors are important in determining the risk factors for suicide; however, they offer weak prediction and can be of little clinical use. Interestingly, cognitive characteristics are different among depressed suicidal and depressed nonsuicidal subjects, and could be involved in the development of suicidal behavior. The characterization of the neurobiological basis of suicide is in delineating the risk factors associated with suicide. The Neurobiological Basis of Suicide focuses on how and why these neurobiological factors are crucial in the pathogenic mechanisms of suicidal behavior and how these findings can be transformed into potential therapeutic applications.

When It Is Darkest - Rory O'Connor 2021-09-07

Winner of the 2021 BPS Popular Science Book Award 'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing

on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

One Friday in April: A Story of Suicide and Survival - Donald Antrim 2021-10-12

One of TIME's 100 Must-Read Books of 2021 One of BuzzFeed's Best Books of 2021 One of Vulture's Best Books of 2021 Named one of the Most Anticipated of Books of 2021 by the Los Angeles Times, Literary Hub, and The Millions A searing and brave memoir that offers a new understanding of suicide as a distinct mental illness. As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalizations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback. Through a clear and haunting reckoning with the author's own story, *One Friday in April* confronts the limits of our understanding of suicide. Donald Antrim's personal insights reframe suicide—whether in thought or in action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. A necessary companion to William Styron's classic? *Darkness Visible*, this profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

Suicide - Paul G. Quinnett 1992

This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening

eyes to the possibilities of love.

The Power to Die - Terri L. Snyder 2015-08-28

Acts of suicide by enslaved people carried significant cultural, legal, and political implications in the emerging slave societies of British America and, later, the United States. This study features a wide range of evidence from ship logs and surgeon's journals, legal and legislative records, newspapers, periodicals, novels, and plays, abolitionist print and slave narratives in order to consider the intimate circumstances, cultural meanings, and political consequences of enslaved peoples' acts of self-destruction in the context of early American slavery.

The Return of the Little Prince - Ysatis DeSaint-Simon 2004-01-26

My book, *The Return of The Little Prince*, is a sequel to the marvelous and whimsical story of my uncle Antoine De Saint-Exupery, *The Little Prince*, where myth and poetry mix with reality and speak to us of the eternal in such an innocent manner. Both his story and mine are true. They are real stories of a quest to find that invisible spark of life which gives meaning to all there is. I learned the story from within, it was my aunt Consuelo De Saint-Exupery, an extraordinary person and the inspiration of Saint-Ex, the Rose of his story, who taught me to read, not only French in *The Little Prince*, but the essence of it as well. She talked to me about Saint-Ex, his dream world, of his airplane flights, of his moonstruck reveries, his airplane falls and the spirit that helped him survive them! Everything in that book was an integral part of what later happened to me and helped me to find that secret that now illumines my life. I remember. . . when I was a little girl, maybe six years old, I learned to read. . . know. . . and love the *Little Prince*. Later on, I learned that many others also did; it was, I believe, the bedside book of James Dean. I never knew him personally, but I read in an interview of a movie magazine that he said *The Little Prince* was his Bible. . . and I wondered if what drew him to it was the same thing that I loved about it? What I loved best was the invisible hidden in between such simple words and its childlike drawings, for concealed behind the fairytale there was a road map to a true spiritual experience. Whenever I read the last page of my uncle's book, I was moved by his sadness and felt a sense of urgency

within me to find that lonely star landscape. So, I promised myself that one day I would find the *Little Prince* and let Saint-Ex know that he was back. Consequently, since early in life, I learned to close my eyes, open my heart and. . . began my quest. This tale is the fruit of my search. It has a happy ending as all good fairy tales have, for it happened that one day. . . when I least expected it. . . I found the *Little Prince*! Thus, I wrote this book, both as a direct answer to my uncle's plea, to share the good news with all those who love *The Little Prince* and as an invitation to quest to all those who long to find their reality. I have followed the same format of my uncle's book and also utilized the same style of drawings, wrapping my own story of how I searched and found the *Little Prince* with as much similarity as possible to that of his book, for a very good reason: I couldn't have done it in any other way, for I have loved *The Little Prince* since I was a child. My reason has been one of love, not arrogance, so please exempt me from the harshness of comparison if you are inclined to do so.

Cracked, Not Broken - Kevin Hines 2013

Describes the author's attempted suicide after being diagnosed with bipolar disorder, the breakdowns that challenged his efforts to live with his illness, and his work as a mental health advocate.

Why People Die by Suicide - Thomas Joiner 2007-09-30

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life's strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Why Physicians Die by Suicide - Michael F Myers MD 2017-02-14

Physicians are known to be a group of professionals who are at risk of taking their own lives. In this easy-to-read book, Dr. Michael Myers, a psychiatrist and specialist in physician health, attempts to explain the mystery of why some doctors, despite their calling and the adoration of their families, patients, students and colleagues, perish by suicide. He

combines the powerful and gripping insights of dozens of bereaved people whom he interviewed for this project with disguised stories from his decades long clinical practice to shed some light on this national tragedy. The stigma attached to mental illness in doctors is ubiquitous and pernicious - and, because untreated illness is one of the major drivers to suicide, Dr. Myers argues that stigma must be fought with urgency and might. He makes across-the-board recommendations in an effort to prevent suicide in physicians and concludes that everyone has a role to play in saving a doctor's life. This is a book about heartbreak, loss, prevailing, growth, passion and hope. It's a book for doctors themselves, their families, those who train them, those who treat them and those who care about them.

Suicidal - Jesse Bering 2020-10-23

For much of his thirties, Jesse Bering thought he was probably going to kill himself. He was a successful psychologist and writer, with books to his name and bylines in major magazines. But none of that mattered. The impulse to take his own life remained. At times it felt all but inescapable. Bering survived. And in addition to relief, the fading of his suicidal thoughts brought curiosity. Where had they come from? Would they return? Is the suicidal impulse found in other animals? Or is our vulnerability to suicide a uniquely human evolutionary development? In *Suicidal*, Bering answers all these questions and more, taking us through the science and psychology of suicide, revealing its cognitive secrets and the subtle tricks our minds play on us when we're easy emotional prey. Scientific studies, personal stories, and remarkable cross-species comparisons come together to help readers critically analyze their own doomsday thoughts while gaining broad insight into a problem that, tragically, will most likely touch all of us at some point in our lives. But while the subject is certainly a heavy one, Bering's touch is light. Having been through this himself, he knows that sometimes the most effective response to our darkest moments is a gentle humor, one that, while not denying the seriousness of suffering, at the same time acknowledges our complicated, flawed, and yet precious existence. Authoritative, accessible, personal, profound—there's never been a book on suicide like

this. It will help you understand yourself and your loved ones, and it will change the way you think about this most vexing of human problems.

Preventing Suicide - WHO 2015-01-31

"Suicides are preventable. Even so, every 40 seconds a person dies by suicide somewhere in the world and many more attempt suicide. Suicides occur in all regions of the world and throughout the lifespan. Notably, among young people 15-29 years of age, suicide is the second leading cause of death globally. Suicide impacts on the most vulnerable of the world's populations and is highly prevalent in already marginalized and discriminated groups of society. It is not just a serious public health problem in developed countries; in fact, most suicides occur in low- and middle-income countries where resources and services, if they do exist, are often scarce and limited for early identification, treatment and support of people in need. These striking facts and the lack of implemented timely interventions make suicide a global public health problem that needs to be tackled imperatively. This report is the first WHO publication of its kind and brings together what is known in a convenient form so that immediate actions can be taken. The report aims to increase the awareness of the public health significance of suicide and suicide attempts and to make suicide prevention a higher priority on the global public health agenda. It aims to encourage and support countries to develop or strengthen comprehensive suicide prevention strategies in a multisectoral public health approach. For a national suicide prevention strategy, it is essential that governments assume their role of leadership, as they can bring together a multitude of stakeholders who may not otherwise collaborate. Governments are also in a unique position to develop and strengthen surveillance and to provide and disseminate data that are necessary to inform action. This report proposes practical guidance on strategic actions that governments can take on the basis of their resources and existing suicide prevention activities. In particular, there are evidence-based and low-cost interventions that are effective, even in resource-poor settings. This publication would not have been possible without the significant contributions of experts and partners from all over the world. We would like to thank them for their important

work and support. The report is intended to be a resource that will allow policy-makers and other stakeholders to make suicide prevention an imperative. Only then can countries develop a timely and effective national response and, thus, lift the burden of suffering caused by suicide and suicide attempts from individuals, families, communities and society as a whole."--Preface, page 03.

The Psychology of Suicide: From Research Understandings to Intervention and Treatment - Yossi Levi-Belz 2019-07-11

Suicide is a highly complex and multifaceted phenomenon, with many contributing and facilitating factors and variables. However, given its being one of the most severe human behaviors, an obvious focus would be to identify the underlying psychological mechanisms and processes that may lead to suicidal ideation and behavior. This eBook is dedicated to studies exploring various approaches to the psychology of suicidal behavior as well as of non-suicidal self-injury (NSSI). The purpose of this eBook is to shed light on in-depth examinations of the current knowledge and empirical data regarding models, theories, and specific dimensions and variables that may help us increase the psychological understanding of suicidal phenomena. The specific goal is to identify particular psychological characteristics that may be used to develop prevention and intervention methods and programs. We believe that this eBook can contribute to the understanding of this behavior and help to develop specific tools, therapeutic guidelines, and programs that may help reduce the number of suicides occurring annually. This eBook is dedicated to our dearest friend, Dafni Assaf, who was one of the greatest leaders of the suicide prevention program in Israel.

Reducing Suicide - Institute of Medicine 2002-10-01

Every year, about 30,000 people die by suicide in the U.S., and some 650,000 receive emergency treatment after a suicide attempt. Often, those most at risk are the least able to access professional help. Reducing Suicide provides a blueprint for addressing this tragic and costly problem: how we can build an appropriate infrastructure, conduct needed research, and improve our ability to recognize suicide risk and effectively intervene. Rich in data, the book also strikes an intensely

personal chord, featuring compelling quotes about people's experience with suicide. The book explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They present lessons learned from the Air Force suicide prevention program and other prevention initiatives. And they identify barriers to effective research and treatment. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.

Increase in Suicide in the United States, 1999-2014 - Sally C. Curtin 2016

Suicide Science - Thomas Joiner 2007-05-08

Suicide kills and maims victims; traumatizes loved ones; preoccupies clinicians; and costs health care and emergency agencies fortunes. It should therefore demand a wealth of theoretical, scientific, and fiduciary attention. But in many ways it has Why? Although the answer to this question is multi-faceted, this volume not. supposes that one answer to the question is a lack of elaborated and penetrating theoretical approaches. The authors of this volume were challenged to apply their considerable theoretical wherewithal to this state of affairs. They have risen to this challenge admirably, in that several ambitious ideas are presented and developed. If ever a phenomenon should inspire humility, it is suicide, and the volume's authors realize this. Although several far-reaching views are proposed, they are pitched as first approximations, with the primary goal of stimulating still more conceptual and empirical work. A pressing issue in suicide science is the topic of clinical interventions, and clinical approaches more generally. Here too, this volume contributes, covering such topics as therapeutics and prevention, comorbidity, special populations, and clinical risk factors.

Rational Suicide, Irrational Laws - Susan Stefan 2016-02-25

When should we try to prevent suicide? Should it be facilitated for some people, in some circumstances? For the last forty years, law and policy on suicide have followed two separate and distinct tracks: laws aimed at preventing suicide and, increasingly, laws aimed at facilitating it. In *Rational Suicide, Irrational Laws* legal scholar Susan Stefan argues that these laws co-exist because they are based on two radically disparate conceptions of the would-be suicide. This is the first book that unifies policies and laws, including constitutional law, criminal law, malpractice law, and civil commitment law, toward people who want to end their lives. Based on the author's expert understanding of mental health and legal systems, analysis of related national and international laws and policy, and surveys and interviews with more than 300 suicide-attempt survivors, doctors, lawyers, and mental health professionals, *Rational Suicide, Irrational Laws* exposes the counterproductive nature of current policies and laws about suicide. Stefan proposes and defends specific reforms, including increased protection of mental health professionals from liability, increased protection of suicidal people from coercive interventions, reframing medical involvement in assisted suicide, and focusing on approaches to suicidal people that help them rather than assuming suicidality is always a symptom of mental illness. Stefan compares policies and laws in different states in the U.S. and examines the policies and laws of other countries in Europe, Asia, and the Americas, including the 2015 legalization of assisted suicide in Canada. The book includes model statutes, seven in-depth studies of people whose cases presented profound ethical, legal, and policy dilemmas, and over a thousand cases interpreting rights and responsibilities relating to suicide, especially in the area of psychiatric malpractice.

Dying to Be Free - Beverly Cobain 2009-10-28

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin.

Deaths of Despair and the Future of Capitalism - Anne Case 2021-03-02
A New York Times Bestseller A Wall Street Journal Bestseller A New York Times Notable Book of 2020 A New York Times Book Review Editors' Choice Shortlisted for the Financial Times and McKinsey Business Book of the Year A New Statesman Book to Read From economist Anne Case and Nobel Prize winner Angus Deaton, a groundbreaking account of how the flaws in capitalism are fatal for America's working class Deaths of despair from suicide, drug overdose, and alcoholism are rising dramatically in the United States, claiming hundreds of thousands of American lives. Anne Case and Angus Deaton explain the overwhelming surge in these deaths and shed light on the social and economic forces that are making life harder for the working class. As the college educated become healthier and wealthier, adults without a degree are literally dying from pain and despair. Case and Deaton tie the crisis to the weakening position of labor, the growing power of corporations, and a rapacious health-care sector that redistributes working-class wages into the pockets of the wealthy. This critically important book paints a troubling portrait of the American dream in decline, and provides solutions that can rein in capitalism's excesses and make it work for everyone.

The Perversion of Virtue - Thomas Joiner 2014

In *The Perversion of Virtue*, suicide researcher Thomas Joiner explores the nature of murder-suicide and offers a unique new theory to explain this nearly unexplainable act: that 'true' murder-suicides always involve the wrongheaded invocation of one of four interpersonal virtues.

Why Did Daddy End His Life? Why Did He Have to Die? - Samantha Pekh 2017-05-22

This book, which is written for children between the ages of five and twelve years, provides a resource that parents and caregivers can use to support and guide their children through the difficult process of suicide bereavement. Explaining suicide is not a task that parents are usually prepared for. Parents and caregivers often feel lost and overwhelmed at the prospect of having to discuss suicide with their children. Written from the perspective of a child, this illustrated story provides a fictional

character for children to relate to. The story guides children through the difficult emotions they may feel, but often find difficult to express. It ends by reassuring children that they can survive the pain of their loss, even though it currently feels unbearable. Parents and caregivers should read this book with their children. This book provides a means to explain suicide and suicide bereavement in a way that children can understand, while also giving children permission to talk openly about their loss. The goal is to increase the sense of connection between parents and caregivers and their children and to help children feel understood and supported. In the supplementary parents guide, the author answers some of the common questions that arise for parents and caregivers, and covers specific examples of how they can respond to their children when discussing the suicide.

When It Is Darkest - Rory O'Connor 2021-05-06

'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice,

Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

Night Falls Fast - Kay Redfield Jamison 2011-01-12

From the author of the best-selling memoir *An Unquiet Mind*, comes the first major book in a quarter century on suicide, and its terrible pull on the young in particular. *Night Falls Fast* is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. An internationally acknowledged authority on depressive illnesses, Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind. It is critical reading for parents, educators, and anyone wanting to understand this tragic epidemic.