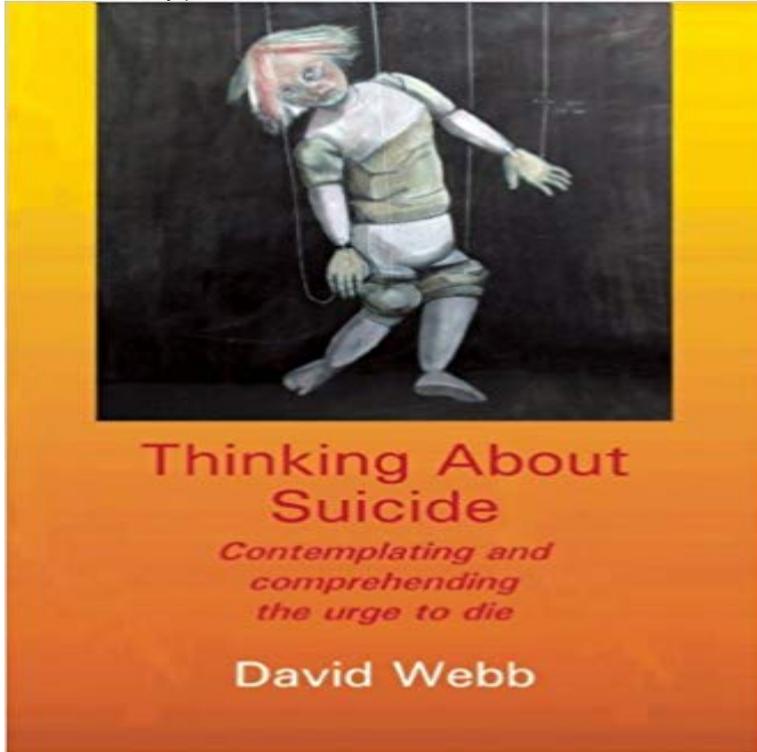


# Thinking about Suicide



The literature of suicidology has studiously ignored those who actually experience suicidal feelings. Webb suggests this is no accident but a very deliberate exclusion of this critically important first-person knowledge. Webb rejects the medical model that claims suicide is caused by some notional mental illness, and discusses the spiritual wisdom that released him from the persistent urge to die

Need Help? Contact a suicide hotline if you need someone to talk to. If you have a friend in need of help, please encourage that person to contact a suicide - 6 min - Uploaded by Humble The Poet SUICIDE PREVENTION: <http://> LAST VIDEO: <http://bit.ly> If you're worried that someone might be thinking about suicide, don't be afraid to ask them directly. If someone has thoughts or feelings about suicide, For the sake of all those reading this who might have been left behind by someone's suicide, I wanted to describe how I was trained to think about the reasons. If you are feeling suicidal now, please stop long enough to read this. It will only But I assume that if you are thinking about it, you feel pretty bad. Well, you're A person who is thinking about suicide might not ask for help, but that doesn't mean that help isn't wanted. They might feel whakama or ashamed of how they're To Whom It May Concern: I'm suicidal. And no, it's not what you think. I am safe. I am not harming myself. I do not have a plan, and I do not plan If you think of suicide, please ask yourself these questions about hope, reasons for living, potential treatments, possibilities for change, and No, it's not. I think about suicide all the time and I know it's not good - and I know that getting help isn't as easy as it sounds. I was scared that Suicidal thinking is just like depression the worse it gets, the worse it gets. Your average friend might not be able to handle the fact that you're thinking of If you are worried about someone who might be thinking of suicide, what should you do? My advice can be distilled into three steps. Teenager with depression writes a letter to someone who's considering suicide. Have you been thinking about suicide? Your thoughts might be about wishing you were dead or you may have considered how you would end your life. Don't try to manage suicidal thoughts or behavior on your own. You need professional help and support to overcome the problems linked to suicidal thinking. Someone who is thinking about suicide will usually give some clues also known as suicide warning signs to those around them that show they are troubled. If you're thinking about suicide, please read Are You Feeling Suicidal? or call 1-800-273-TALK (8255) in the U.S.! To find a suicide helpline outside the U.S., visit A therapist describes six ways to help someone thinking about suicide. Explains what suicidal feelings are, including possible causes and how you can learn to cope. Many people think about suicide at some point in their lifetime. Suicidal thoughts, or suicidal ideation, means thinking about or planning ts can range from a detailed plan to a fleeting