

When It Is Darkest: Why People Die by Suicide and What We Can Do to Prevent It : O'Connor, Rory
By wpstarternepal.com The introduction alone is very powerful as he agonises about a close friend who 'dies by suicide' The book is a powerful manifesto of the need for the general public to let go of many of the urban myths surrounding suicide - most notably people who die by suicide are 'selfish or cowardly'. The author primarily wants society to understand and respect.

Not only the people who die by suicide but also the people generally caught up in deaths by suicide with its backwash of anger and guilt and bewilderment. I did have to read it over a period of a few weeks when reading about such a challenging subject so just something to be aware of as it can trigger your own trauma or loss or your own experience of suicidal thoughts or acts. When It Is Darkest: Why People Die by Suicide and What We Can Do to Prevent It : O'Connor Rory After years of working in the field of suicide prevention this book is the first I have read which brings together the personal experience of losing a loved one to suicide and the academic knowledge it works so well in delivering a book which is accessible to all providing guidance for people to help them provide support to someone thinking about suicide putting the evidence into language we can all understand and bringing it to life with real life experiences. Well done Rory and if we all only do one thing in our lives make it be that we follow the last sentence of this brilliant book if we are kinder and compassionate both to ourselves and to those around us then we will go some distance in protecting all of us from the devastation of suicide. It worked for me on a personal level as a father and grandfather on a professional level as a qualified CBT therapist and on a political level too the gentle campaigning tone request for empathy and even the correct use of language from members of the public for those people who have 'died by suicide' I learned a lot And its all wrapped up in a very personal easy accessible in my opinion contains everything you would need to know to increase your confidence in discussing and working with suicidal thoughts and acts. Sao tome et principe It's been a wet weekend am curled up on the sofa with a wet spaniel a massive plus has been to give me time to read Rory O'Connor's wonderful book, Its why i say the book is 'beautifully crafted' as the author captures superbly the sheer bewilderment that overcomes people caught up in these situations. Sao tome et principe This is such a well written book covering all areas for someone who may want to support another person who is suicidal, I work in higher education in the mental health team and have found so many ideas and concepts I would like to take forward with the team I work with, The book provides a clear structured framework to follow and has many ideas on how to support others, Everyone would benefit from reading this book and thinking about how we approach the subject of suicide with others. Overall such a brilliant book.

An evidence based self help book on understanding and preventing suicide, 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 OConnor 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. Sao tome et principe At last we have a highly respected researcher presenting his work in a way that opens his research to a wider audience than academia and clinicians. Rory links his research with reflections of his personal experience of suicide and totally engages one throughout his book, Drawing on decades of research lifted by stories the author's empathy and deep understanding this book gives an illuminating insight into why people die by suicide. Even importantly it adds to the knowledge base of what we can all do bring the devastating numbers down, Heartfelt thanks to Professor O'Connor for having written and published this book[1]

Non specialist way. The author was caught himself. The author suggests they are neither. Sao tome et principe A beautifully crafted book. I can't recommend it highly enough. I loved it. Sao tome et principe

