



SUICIDE: How to Prevent and Deal with Suicidal Thoughts and Feelings

Phil Spencer

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A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

Always remember the fact that you're not alone. Many of us have had suicidal thoughts at some point in our lives. Feeling suicidal is not a character defect, and it doesn't mean that you are crazy, or weak, or flawed. It only means that you have more pain than you can cope with right now. This pain seems overwhelming and permanent at the moment. But with time and support as presented in this book, you can overcome your problems and the pain and suicidal feelings will pass. This book is the guide you need to help you free yourself from a suicidal state and help you to be able to take control of your life.

Here Is A Preview Of What You'll Learn...

- Coping with suicidal thoughts: the first steps
- The best ways to cope with suicidal thoughts and feelings
- Understanding and preventing suicide
- Suicide prevention top tips
- Risk factors for suicide
- Suicide in teens and older adults
- Much, much more!

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Tags: Suicide, suicide feelings, suicide thoughts, suicide prevention, prevent suicide, deal with suicide.

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