

Rethinking Suicide

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Synopsis

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An examination of how suicide prevention efforts largely fail due to the mistaken assumption that greater mental health awareness is the key to saving lives.

Rethinking Suicide is a critical examination of what we think we know about suicide, with particular focus on the assumed role of mental illness. Craig J. Bryan, a leading expert on suicide prevention, argues that most prevention efforts have failed because they disproportionately emphasize mental health-focused solutions such as access to treatment and crisis services. Instead of classifying suicide as a mental health issue, careful analysis of research findings suggest it should instead be seen as a highly complex problem with many risk factors—from personal decision-making styles, to the availability of lethal means, to financial uncertainty. As such suicide rates will not be curtailed by conventional solution-oriented thinking; rather, we need process-based thinking that may, in some cases, defy or contradict many of our long-held assumptions about suicide. Rethinking Suicide interweaves the author's firsthand experiences with explanations of scientific findings to reveal the limitations of widely-used practices and to introduce new perspectives that may trigger a paradigm shift in how we understand and prevent suicide.

Reader's comments

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