

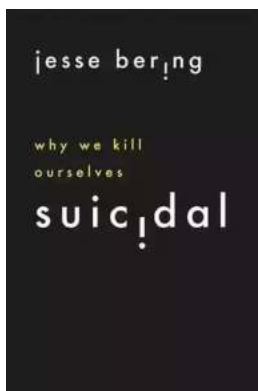
# Suicidal: Why We Kill Ourselves

Disclaimer: The topic of suicide is a sensitive and serious matter. This article aims to provide information and raise awareness about suicide for educational purposes only. If you or someone you know is struggling with suicidal thoughts, please seek help from a mental health professional or call a helpline immediately.

Every year, millions of lives are tragically cut short due to suicide. This alarming trend prompts us to question why individuals resort to taking their own lives. The reasons behind suicide are multifaceted, ranging from mental health conditions to social, psychological, and environmental factors. So, why do people kill themselves? Let's delve into this complex issue.

## The Darkness Within: Mental Health and Suicide

A significant proportion of suicides are connected to underlying mental health conditions. Depression, bipolar disorder, post-traumatic stress disorder (PTSD), and anxiety disorders can all contribute to suicidal thoughts and actions.



## Suicidal: Why We Kill Ourselves

by Jesse Bering (First Edition, Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English  
File size : 515 KB  
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Word Wise : Enabled  
Print length : 285 pages  
Lending : Enabled



Depression, a condition characterized by persistent sadness and loss of interest, often leads individuals to feel hopeless and helpless. The overwhelming weight of this emotional burden can cloud their judgment and erode their will to live.

Furthermore, when coupled with other risk factors such as a history of trauma or substance abuse, the risk of suicide increases significantly.

Bipolar disorder, which causes extreme mood swings from manic highs to depressive lows, can also push individuals to contemplate suicide. The impulsivity and despair often associated with this condition can intensify feelings of hopelessness, resulting in self-destructive behaviors.

PTSD, commonly experienced by those who have survived traumatic events, can lead to intrusive thoughts, nightmares, and a constant state of hyperarousal. The psychological toll and feelings of helplessness endured by individuals with PTSD can become unbearable, making suicide seem like the only escape from their distressing reality.

Additionally, anxiety disorders such as generalized anxiety disorder and social anxiety disorder can contribute to suicidal thoughts. The constant fear and inner turmoil experienced by individuals battling anxiety can erode their coping mechanisms and quality of life, leading them down a dark path.

## **The Silent Cry: Social and Psychological Factors**

While mental health conditions play a significant role in suicidal ideation, social and psychological factors cannot be underestimated. Loneliness, social isolation, and a lack of support systems can exacerbate feelings of despair and contribute to suicidal thoughts.

Experiencing bullying, particularly during adolescence, can have a tremendous impact on an individual's mental well-being. The relentless torment and

perception of being trapped can drive individuals to contemplate suicide as a means to escape their tormentors.

Relationship breakdowns, abuse, financial hardship, and societal expectations can also contribute to the despair that leads to suicidal thoughts. When individuals face overwhelming challenges without sufficient support or coping mechanisms, the desire to end their suffering may become overpowering.

### **Environmental Influences: A World Pushing Us to the Edge**

Environmental factors, too, can contribute to suicide rates. Socioeconomic pressures, including unemployment, poverty, and lack of access to proper healthcare, can place immense strain on individuals and communities alike. When the weight of these burdens becomes too heavy to bear, individuals may see suicide as their only way out.

Additionally, media coverage and the portrayal of suicide in popular culture can have a profound impact on vulnerable individuals. Exposure to detailed accounts or glamorized depictions of suicide can trigger copycat behavior, leading to an increase in suicide rates.

It is crucial to note that this article only scratches the surface of a complex and devastating issue. Suicide is hardly ever the result of a single cause, but rather a combination of factors that overwhelm an individual to the point where they see no alternative. To tackle this issue, we must address mental health, promote awareness and understanding, and provide support systems for those in need.

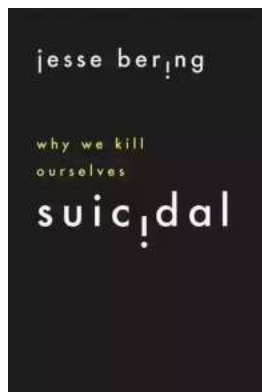
### **Seeking Help: The Importance of Support and Intervention**

If you or someone you know is struggling with suicidal thoughts, remember that you are not alone. Many helplines, crisis centers, and mental health professionals

are available to provide support and guidance. Reach out to them to ensure you receive the help you deserve. Remember, seeking help is a sign of strength, not weakness.

Let us be the hope that someone struggling desperately needs. Together, we can fight the stigma, raise awareness, and provide the understanding and support that saves lives.

Note: The content of this article is for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or qualified mental health provider with any questions you may have regarding a medical condition.



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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.



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