

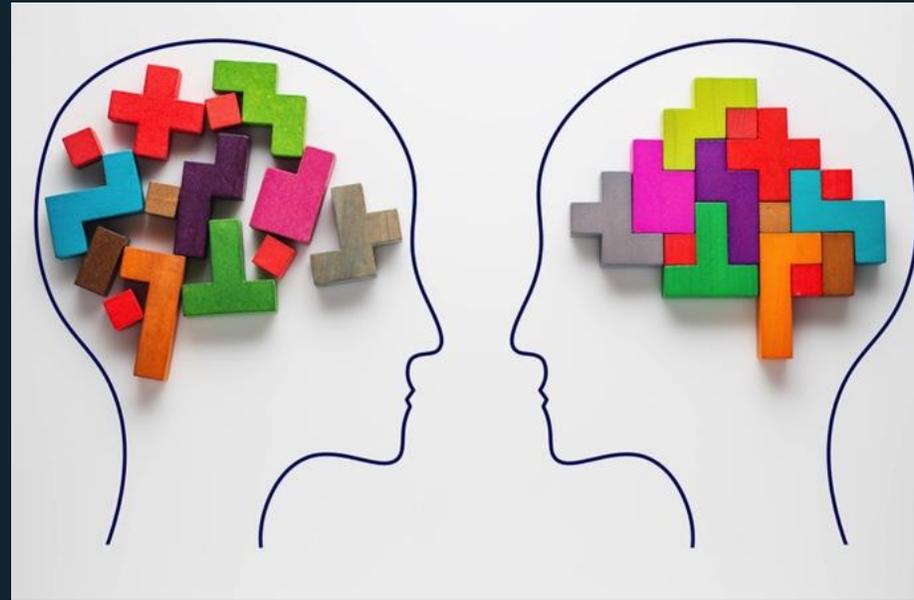
The Nature of Suicide

8 *'Truths'*

Dr Rachel Gibbons

Consultant Psychiatrist, Psychoanalyst, Group Analyst

The only way out is through...



My Experience

Suicide Lead: for Barnet
Enfield & Haringey MHT

British Transport Police
Suicide Prevention Team:
Clinical Lead

Haringey Suicide
Prevention Group:
Founder member

Suicide Group for
Consultants for 11 years

Coroners Office reviewing
all suicides

RCPsych: Chair Patient
Safety Group & Working
Group for the Effect of
Patient Suicide and
Homicide on Psychiatrists.

Suicide Strategy Nationally
for Priory Group

Oxford Centre for Suicide
Research- Bulletin paper,
Leaflets for support.

“There is only one serious philosophical question, that is suicide....”

Camus

“To help a truly suicidal person you have to approach them with an open heart...If you are worried about the risk their action poses to you they are more likely to jump”

8 'Truths' about Suicide

1: Suicide is not an accident

- Suicide does not occur due to our negligence
- It is a result of complex universal unconscious mental mechanisms that we do not understand
- It can be highly determined



2: Impulsive

Or Premeditated



3: You do not know what is going on in someone else's mind



We do not even know what is going on in our own mind!

4. From data – everyone is shocked and surprised by the death



© The Scream 1895/Edvard Munch

5: Suicide is a human condition not a mental health condition

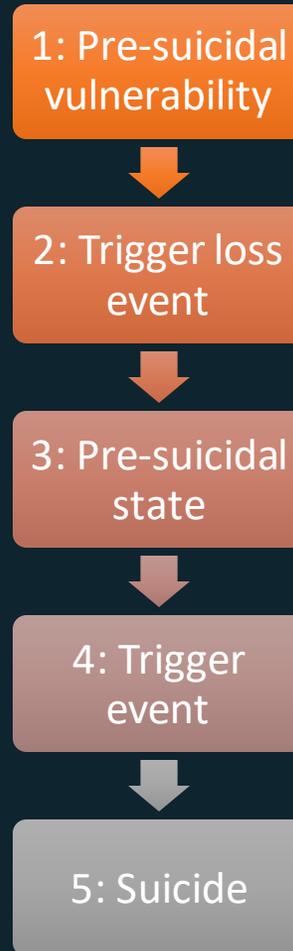


6: Suicide result from an incapacity to mourn



If a psychiatric diagnosis is wanted then that of Adjustment Disorder is appropriate

Pathway to Suicide



7a: Suicide prevention- challenging in any individual case but not on a population or conceptual level



7b: Suicide Prevention- Suicide is an acting out event



You act out when you cannot put your emotional experience into words



**It's time
to talk
about it.**

#WorldSuicidePreventionDay

8 'Facts' or 'Truths' about suicide

1. Suicide is not an accident it is the result of complex and probably universal mental mechanisms we do not understand.
2. It appears to be either impulsive or premediated.
3. You do not know what is going on in someone else's mind.
4. Everyone is shocked by the death
5. It is human condition and not a mental health condition
6. Suicide appears to result from an incapacity to mourn
7. Suicide prevention
 - a) is a public health issue
 - b) Suicide is an acting out event – talking about it reduces the risk



8: No one is to blame
for a death by suicide

- It's is our belief that we can predict and prevent individual suicide that makes us the architect of our own downfall following the suicide of a patient.
- We then take suicide of a patient as our own failure.
- The truly suicidal then pose a risk to us.
- It makes us less likely to approach them with an open heart

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SECOND EDITION

Edited by **Rachel K. Gibbons**
and **Jo O'Reilly**