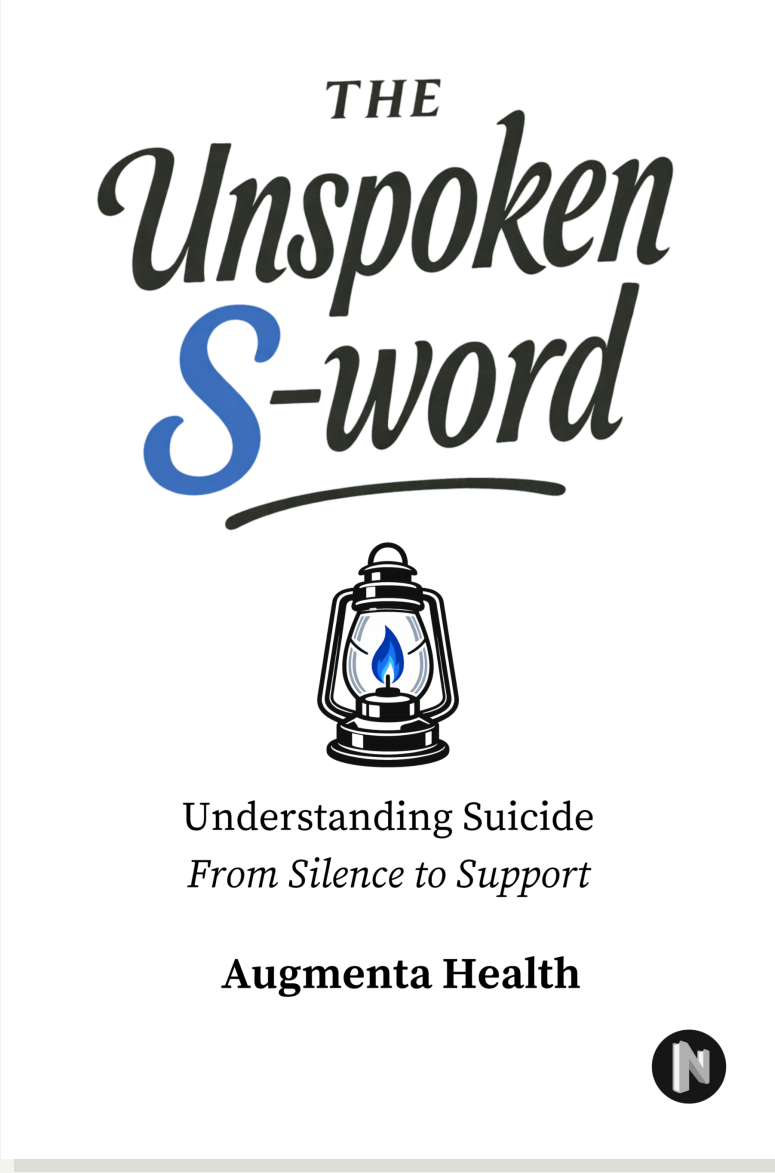
MEET THE BOOK

# From silence to support.




Understanding suicide with clarity, compassion, and care.

THE JOURNEY INSIDE

# Four connected themes.

22 chapters. A reader toolkit. Space to pause.

## 01 Recognise

Understanding suicide, emotional pain, and distress.

## 02 Respond

Creating safety and taking the next step.

## 03 Restabilise

Building a life that can hold both pain and possibility.

## 04 Reach

Supporting others and shaping safer conversations.

INSIDE THE PRINTED PAGES

# Care rather than judgement.

CHAPTER 1

## I Can’t Do This Anymore



This chapter explores what may lie beneath the thought, **“I can’t do this anymore.”**

It shows how emotional overload can affect thinking, emotions, and everyday functioning, and why this experience deserves care rather than judgement.

You will also find ways to recognise when additional support may be needed and take one manageable next step.

3

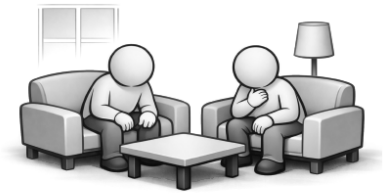
Chapter 1 opener / Printed page 3

## A CONVERSATION WORTH BEGINNING

# Finding words. Listening with care.

CHAPTER 11

## Talking About Suicide



Chapter 10, Saying What's Going On, focused on finding words for your own experience.

This chapter turns to the other side of the conversation: **how to ask someone about suicide, listen with care, remain present, and help them reach appropriate support.**

Many people worry about saying the wrong thing, making matters worse by asking directly, or not knowing how to respond if the answer is yes.

You do not need expertise to begin this conversation.

Asking directly and compassionately about suicide does not increase suicidal thoughts or make someone more likely to act on them.

A clear question can make it easier for someone to speak honestly about what they are experiencing.

97

Chapter 11 opener / Printed page 97

A SMALL EXCERPT FROM THE FINAL PAGES

# Something to carry with you.

> You do not need to remember everything or have every answer. Sometimes, one thought, one conversation, or one next step is enough for now.

From "For You" / Printed page 292

A brief pause from the closing pages. The rest of the reflections await inside.

READ THE BACK COVER

# Who it is for. What it offers.

## The Unspoken S-word

Suicide can be one of life's most difficult and complex subjects to speak about. Many people feel unsure about what to say, what to ask, or how to help.

Someone may notice that a person is struggling but feel unsure what the changes might mean, whether to ask about suicide, or how to respond.

A person experiencing suicidal thoughts may struggle to explain what they are carrying or know where support might begin.

**The Unspoken S-word approaches these difficult conversations with clarity, compassion, and care.**

Written in accessible, everyday language, this evidence-informed book explores suicidal distress through four connected themes: **Recognise. Respond. Restabilise. Reach.**

It considers how emotional pain can become overwhelming, what changes may deserve attention, how to respond when safety feels uncertain, and how support and recovery may continue through and beyond a crisis.

It offers practical guidance for people experiencing distress, as well as their families, friends, colleagues, educators, healthcare professionals, and community members who want to feel better prepared to respond.

The book does not expect readers to become experts or to have all the answers. It aims to make suicidal distress easier to understand, difficult conversations easier to begin, and appropriate support easier to access.

The back-cover introduction

THE WHOLE BOOK, AT A GLANCE

# Take a closer look.

## The Unspoken S-word

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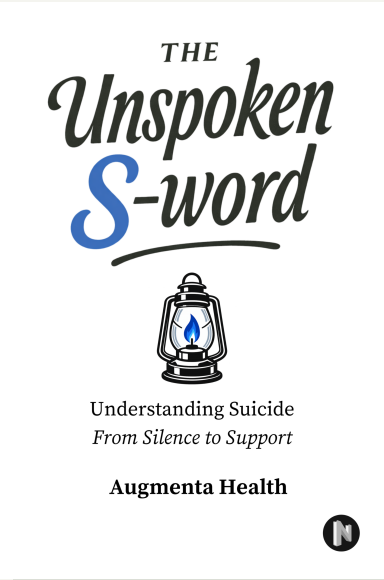


Recognise. Respond. Restabilise. Reach.

**Explore The Unspoken S-word.**

CONTINUE THE CONVERSATION

# Bring the conversation into your world.




**For yourself. For someone you care about.**

Explore 22 chapters, practical guidance, and four connected themes for understanding suicide.

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