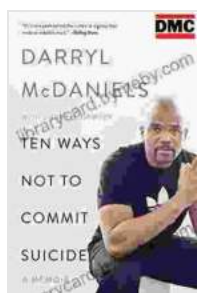


Ten Ways Not to Commit Suicide: A Memoir of Surviving Depression and Suicide

In this raw and unflinching memoir, author Emily Listfield shares her personal journey through depression and suicide. From her first suicidal thoughts at the age of twelve to her eventual recovery, Listfield provides a unique and honest account of what it is like to live with this devastating mental illness.

Listfield's writing is both lyrical and accessible, and she has a gift for capturing the complex and often contradictory emotions that accompany depression. She describes the despair, the hopelessness, and the self-hatred that can make suicide seem like the only way out. But she also writes about the strength, the resilience, and the hope that can help people to survive.

Listfield's memoir is not just a story of suffering. It is also a story of recovery. She writes about the therapy, the medication, and the support from family and friends that helped her to get her life back. She also writes about the small steps she took each day to rebuild her life, one day at a time.



Ten Ways Not to Commit Suicide: A Memoir by Mike Malloy

★★★★☆ 4.5 out of 5

Language : English
File size : 1025 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 212 pages



Listfield's memoir is a powerful and inspiring reminder that even in the darkest of times, there is always hope. It is a must-read for anyone who has ever struggled with depression or suicide, or for anyone who wants to understand these devastating mental illnesses.

1. **Reach out for help.** If you are feeling suicidal, it is important to reach out for help. There are many resources available, including crisis hotlines, mental health professionals, and support groups.
2. **Talk to someone you trust.** Talking about your feelings can help you to process them and feel less alone.
3. **Make a safety plan.** A safety plan is a written plan that outlines what you will do if you are feeling suicidal. It can include things like calling a crisis hotline, going to the emergency room, or talking to a trusted friend or family member.
4. **Avoid alcohol and drugs.** Alcohol and drugs can worsen depression and make it more difficult to cope with suicidal thoughts.
5. **Get regular exercise.** Exercise can help to release endorphins, which have mood-boosting effects.
6. **Eat a healthy diet.** Eating a healthy diet can help to improve your overall health and well-being.
7. **Get enough sleep.** When you are sleep-deprived, you are more likely to experience negative thoughts and feelings.

8. **Practice mindfulness.** Mindfulness is a practice that can help you to focus on the present moment and reduce stress.
9. **Challenge negative thoughts.** When you have negative thoughts, challenge them. Ask yourself if there is any evidence to support them.
10. **Set small goals.** Setting small goals can help you to feel more accomplished and give you a sense of purpose.

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- American Foundation for Suicide Prevention: <https://afsp.org>
- National Alliance on Mental Illness: <https://nami.org>



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