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Suicide Prevention Guide Booklet

An Alternative to Suicide

- 
- Rate reduction
 - Lifestyle changes
 - Risk identification
 - Self-help procedures

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By Matthew Dovel

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SUICIDE PREVENTION GUIDE BOOKLET

By Matthew D. Dovel

President of International Suicide Prevention

<http://www.supportisp.org>

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***Self-help for individuals that have had and/or
are having suicidal thoughts***

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**** It is suggested that you go to <http://www.supportisp.org> to view more instructions on how to apply each section of this booklet more effectively.***

To you, looking to take your life...

...remember that everyone fears what he doesn't know; hence focus clearly the reason (real or imagined) that leads you to suicidal thoughts. The most of times an erroneous perception of goals in life as well as misbelieving's may be the reason of suicidal thoughts. Look for their rectification in order to save your life and help in carrying on in with self-knowing.

...everyone should learn to be human and not super-human. Learning to be human means learning to be fallible. Learning this item permits to forgive oneself, getting closer to other people in terms of personal problems, compassion and then helping each other on life path.

...it takes fewer muscles to smile than to get angry according to Japanese's...so it is not only more natural, but even recommendable!!

...you have chosen to live this kind of life with certain trials in order to get stronger and enrich your powers. Yogananda said you are stronger than your trials that are made only to test your skills.

...learn to "live" your body. Practice sport activities, get massages and so on to feel your body exists. Similarly to the schizophrenic patient who needs a warm and wet blanket to perceive his body oneness to avoid disintegration in period of acute crisis, sport and relaxing massages gives your body its awareness.

...you are always useful, since you can teach your life experiences to others. You can go in a library and read to learn experiences for the others. Life is a great opportunity to grow up, always, even through (and above all) stormy periods.



"Against suicide, living overseas"

Andrea Emilio Salvi M.D. – Rotary Club Dalmine Centenario, PHF

Orthopaedic and Traumatology Surgeon

Produced by

*Matthew D. Dovel – President of Intl. Suicide Prevention
Suicide prevention activist since 1987*



Matthew D. Dovel conducting suicide prevention training at U.S. Army, Fort Benning, GA 2006. Responsible for educating thousands of active duty military personnel, officers, mental health professionals, doctors, nurses, Chaplains, community leaders, teens, and government contractors.

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***It should not be used as a substitute for professional medical advice, diagnosis or treatment.*

ISP, the only suicide prevention organization that is addressing: *pre-screening*, *awareness programs*, *advanced prevention methods*, and ***emergency crisis post-suicide family support!***



www.SupportISP.org

How to reduce suicide rates

Education has been shown to be the best method for reducing suicide rates. By understanding the psychology of the suicidal thought process we can better understand how to approach, for most, this temporary state of mind.

What the suicidal need

In order to reduce and/or eliminate suicidal thoughts the individuals having these thoughts must be able to communicate with others that they are having them without the stigma associated with mental illness. Mostly, the stigma, that mental illness is not a temporary condition in some people.

The fact is, having suicidal thoughts are part of the human experience, and anyone given the right situation and/or circumstance can have them.

Everyone must be able to communicate to someone without fear of stigma, demotion, judgments, labeling and/or job loss, that they are having these thoughts otherwise it could possibly propagate a suicide.

The facts about suicide

Suicidal thoughts and/or depression is the result of having, IES (Intense Emotional Suffering). IES can be related to past experiences that are in conflict with current core values, beliefs, morals, one's perception of reality, and/or future perceived outcomes.

As we experience our journey through life we record everything in our mind in the form of memories.

There are two types of memories: the experience itself and the emotional state we were having at the time of an experience. Our ability to recall any past memory is based on the intensity of our emotional state at the time of the experience. Life experiences are what we use to navigate through life teaching us how to respond to situations and circumstances for social, relational interaction, and basic survival skills.

According to scientific research humans have only two core emotions: love, and fear. All emotions can be traced back to these two emotions. And, we are born with only two natural fears: loud noises and of falling. All other fears are learned through experience or conditioning. Learned fears can be removed as easily as they are learned through the process of desensitizing.

Any positive experience that has a high emotional state associated with it can become a source of IES. Some examples of positive past experiences that become a IES are; Being very close to someone that we love and having one of the following examples happen; a “Dear John” letter, a temporary separation, divorce, or death of a loved one or that of a close friend. All peak emotional associations connected to the individual now cause IES instead of pleasure.

Knowing and understanding ourselves and others, puts us in a position of power and is the first step to overcome IES.

Some interesting facts about the human brain

The brain has 500 to 700 different special skills and abilities! Your brain can store 100,000,000,000,000 facts!
The mind can handle 15,000 decisions a second!

Definition of terms

Labeling is a part of the human experience and it is a way to identify the world as we maneuver through it so we can better communicate with others our ideas, values and experiences. The suicidal have been labeled mentally ill and/or temporarily mentally ill, and although having suicidal thoughts does fall under this classification/label the stigma associated with mental illness only propagates the suicidal condition.

Mental Health - The World Health Organization defines mental health as, "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Mental Illness - Any of various conditions characterized by impairment of an individual's normal cognitive, emotional, or behavioral functioning, and caused by social, psychological, biochemical, genetic, or other factors, such as infection or head trauma.

Stigma - A stigma is something that takes away from one's character or reputation.

Discrimination - the prejudicial or distinguishing treatment of an individual based on his or her membership - or perceived membership - in a certain group or category. It involves the group's initial reaction or interaction, influencing the individual's actual behavior towards the group or the group leader, restricting members of one group from opportunities or privileges that are available to another group, leading to the exclusion of the individual or entities based on logical or irrational decision making.

Ignorance - lack of knowledge, information, or education.

*Definitions from Wikipedia.org

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Methods for promoting healthy mental behavior

Diet

Our diets play a large part in our ability to face difficult life issues and new experiences which can be life changing events. It is recommended that to be mentally alert, physically strong, and emotionally sound, one should, whenever possible, avoid foods that contain toxins, sugars, antibiotics, growth hormones, GMO's (Genetically Modified Organism), and cancer causing preservatives. Eat organically grown, natural whole foods.

Attitude

Einstein once said, "Imagination is more powerful than knowledge," and he was right. Everything we do is preceded by an image in our mind! When we see positive experiences for our future, generally we will have positive results. If we see things going sideways and messed up, the results usually will live up to our expectations. God gave us the power of choice, and we are the only creatures on this planet that do not live by pure instincts alone! Although, we still are driven by instinctual desires at times,

for the most part, we choose the images we see in our mind. If you are not in control of your mind, now is a good time to start, and this is how.

40 things that make life worth living for

Make a list of positive experiences you have had. Forty is a number to shoot for and is part of this exercise name only, so if you can only come up five items to start don't worry about it. Your list will grow over time and maybe then it will be more or less than forty. Gather as many big positive happy experiences you have had as you can, the ones that put a smile on your face when you think of them. Some examples are; Ice-cream, a first kiss, a vacation, a sunset, winning at something, the sound of rain on the roof, a really good meal, etc. This list is a lifelong project in a constant state of updating with new and exciting experiences.

Whenever you are feeling emotionally drained or depressed, pull out this list, and focus on one item at a time. Relive each item completely with all the sights, sounds, emotions, smells, and tastes. When you do this as instructed, you will release dopamine a natural narcotic stimulating the pleasure centers on the brain.

Some things I think life is worth living for

- 1. The feel of a puppy**
- 2. A lazy day in May reading a good book while smelling the rain outside**
- 3. Hearing the waves on the beach while on Maui**
- 4. The taste of chocolate custard**
- 5. Disneyland**
- 6. Looking at my wife**
- 7. The day I won the spelling 'B' in the 6th grade**
- 8. Etc.**

Start your list now.....

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

SMILE



An easy procedure for positive healthy mental behavior

Laugh off the hurt

Smiling is one way to reduce intense emotional suffering caused by an upsetting situation. Even when you don't feel like smiling forcing a smile is enough to lift our mood slightly.

Smile to meet others

A woman's smile has a magical effect on men, over and above eye contact. One study examined how men approached women in a bar (1985). When a woman only established eye contact with a man, she was approached 20% of the time. When the same woman added a smile, though, she was approached 60% of the time.

Smiling can make you more money

We've already seen that economists have calculated the value of a smile, but can a smile make us real cash-money? Apparently the broad smile of a waitress can: A study in (1978) found smiling waitresses made more in tips.

Smile for longevity

If none of these studies can coax a smile out of you then consider this: people who smile more may live longer. A study of pictures taken of baseball players in 1952 suggest those smiling outlived their non-smiling counterparts by seven years (comparison 2010).

Smiling Is Universal.

A smile cuts across all barriers. It knows no age, gender, color or culture. No matter where you are in the world, or what language you speak, a smile will always be understood.

It represents goodwill, affection and openness towards others. It also communicates happiness and acceptance. In other words, smiling is one thing that connects and encompasses us all. Keep sharing it.

Imagine, all these are possible with just the simple act of smiling! Just reading about all these smiling facts makes you cheerful, doesn't it?

Think of other things that make you smile and share them with your loved ones so they can smile with you too. Help yourself relax by warding off the negativity and choosing to smile and be happy.

What brings a smile to your face?

- 1.
- 2.
- 3.
- 4.
- 5.

*From '10 hidden benefits of smiling', by PSYBLOG

5 Minute Miracle

At the University of Berkley, California a study was done on a group of Manic Depressants with just the following self-therapy for one year. At the end of the year ALL were declassified as Manically Depressed. Follow the instructions and notice the difference in your attitude immediately.

Research has shown that when you smile, your brain assumes you must be happy.

The following exercise can be a good way to start the day, especially if you tend towards depression:

1. Set the alarm on your computer calendar (PDA, iPod, alarm clock etc.) to give an alarm each morning.
2. When the alarm goes off, snooze it for one minute.

3. Practice the following simple meditation (preferably with eyes closed):
 - Tilt your head back and look up into the sky or at the ceiling
 - Smile the goofiest smile you can and keep it up for the full minute
 - Feel free to try different smiles: mouth open or closed, a subtle hint of a smile, exaggerated smile, big and soulful, eyes crinkling, or just mentally imagine smiling.
4. When the alarm goes off again, continue with your day.
5. Also, practice this smile technique whenever you are down or are having a bad moment. Your brain will assume you are happy when you smile like this and release dopamine. Dopamine is a natural narcotic that our bodies create causing the sensation of pleasure, way more powerful than heroin without the cost or side effects.

You can practice this exercise for longer periods if desired, but if you find yourself canceling the alarm because you can't spare five minutes, go back to the one-minute meditation. The cumulative value of doing this exercise over a long period of time is more important than how long you spend each morning.

You can also practice this exercise while driving to work (with eyes open, of course, and while watching where you are going).

Happiness is a choice!

Matthew Dovel

*President of **ISP** (International Suicide Prevention)*

*Smiletherapy.com

How to identify at risk individuals

Basic warning signs of someone that could be experiencing IES

Statistics show that 75% of all those that attempt a suicide will tell someone of their intentions. Withdrawing, obviously pre-occupied with deep thought, and unwillingness to talk about what is on their mind. After a long depression, they are suddenly happy with no apparent reason.

Eating habits drastically change

Not eating with noticeable and drastic weight loss, or over eating with noticeable and drastic weight gain.

Talking about death or suicide

Be alert to statements such as, "my family would be better off without me." Sometimes those contemplating suicide talk as if they are saying goodbye or I am going away.

Planning for suicide

Suicidal individuals often arrange to put their affairs in order.

Depression

Most suicidal people are depressed. Serious depression can be manifested in obvious sadness but often is

expressed as a loss of pleasure or withdrawal of activities that have been enjoyable.

Top two reasons for a suicide attempt

The sudden change of status for an individual's: romantic, and/or financial situation.

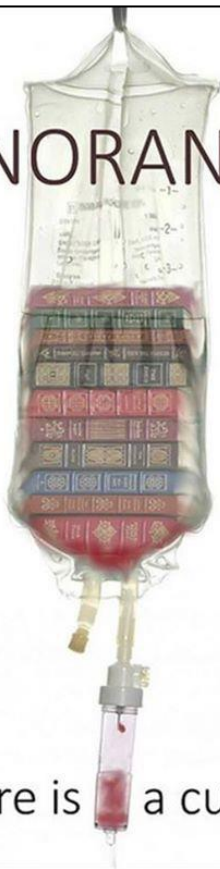
Not Assuming

Always assume that anyone could become suicidal, or maybe having suicidal thoughts. Not thinking someone would choose suicide as an option to deal with one of life's more difficult situations or circumstances, no matter how strong of an individual you might perceive them to be, could end up being the single biggest mistake or your life.

48 hours

This is how much time it will take the average person to process a life changing event. Stay with the person and just listen for 48 hours until they start making plans for their new normal. If they do not accept the change after 48 hours seek professional help.

IGNORANCE:



There is a cure.

Procedures for reducing and/or eliminating suicidal thoughts

EMR chart (Emotional Memory Removal) and/or desensitizing IES (Intense emotional suffering).

This procedure can be used for reducing IES if instructions are followed exactly as described below.

The EMR process is intended to alleviate painful situations when memories from the past or future projected outcomes bring up strong emotions that can lead to depression, or suicidal thoughts. Looping memories with attached emotions like frustration, anger or resentment are good examples of other uses for EMR. You can use EMR anytime you want to get your emotions under control.

Read through the instructions before starting

STAGE ONE

1. Tape the EMR chart to the wall or place to where you can see it at eye level. (Chart can be found at the end of this booklet)
2. **Think through the undesired experience and/or person which has a strong emotion that's attached to it. *Continue to keep this experience and /or person in the foremost of your mind as you do the exercise!***
3. Facing the chart, hold your arms at 90 degrees pointing at the EMR chart, but without touching each other or the chart while saying the numbers **OUT LOUD**, starting with number 9, 20, 8, 21, etc. With each number, **RAISE** and **LOWER** arms or clap hands. Do the different movements depending on the letter under each number on the chart:
 - Left arm when there is an **L** under a number.

- Right arm when there is an **R** under a number.
 - Clap your hands together when there is a **C** under a number.
 - **Important: slower is better, refocus on what is bothering you between each number.**
4. Once you get to the angel and demon go backwards ending with number 9. This is not a race, so take your time.
 5. *Think about the experience and/or person and now the emotional state should have been diminished? If not go to stage 2.*



STAGE 2

Stage 2 is the same as the first stage, but this time you will be including your legs.

While holding your arms at a 90 degree angle, facing the EMR chart, say the numbers **OUT LOUD** from the beginning, starting with number 9 through 19 and back again.

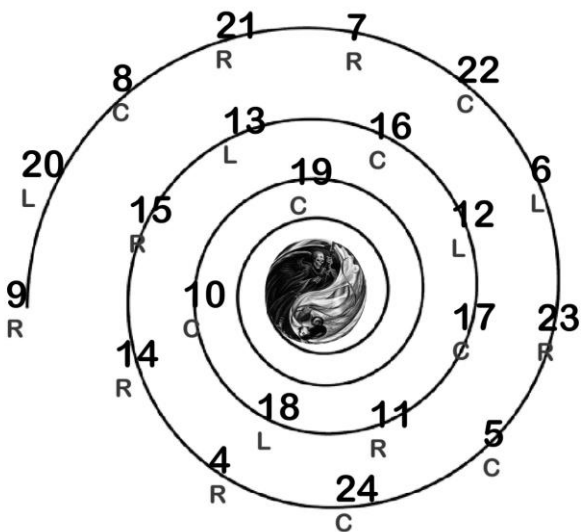
This time with each number raise your arm and the opposite leg:



- Left arm **AND** right leg when there is an **L** under a number.
- Right arm **AND** left leg when there is an **R** under a number.
- Clap your hands **AND** jump or squat at the same time when there is a **C** under a number.
- And, smile during the entire exercise.

Also, visit <http://www.supportisp.org> for a new procedure called '4 Phase' help in under 5 minutes.

EMR Chart



Special thanks

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** It is suggested that you go to <http://www.supportisp.org> to view more instructions on how to apply each section of this booklet more effectively.*

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