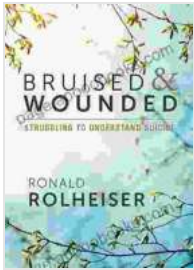


# Bruised and Wounded: Struggling to Understand Suicide

By Dr. Sarah Heckman



## [Bruised and Wounded: Struggling to Understand Suicide](#) by Ronald Rolheiser

★★★★☆ 4.6 out of 5

Language	: English
File size	: 362 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 43 pages
Lending	: Enabled
Screen Reader	: Supported
Paperback	: 90 pages
Item Weight	: 10.2 ounces
Dimensions	: 8.5 x 0.23 x 11 inches



Suicide is a complex and often misunderstood issue. In 'Bruised and Wounded: Struggling to Understand Suicide,' author Dr. Sarah Heckman shares her personal experiences with suicide and provides insights and resources for those struggling with suicidal thoughts or who have lost loved ones to suicide.

Dr. Heckman's book is a powerful and moving account of her own journey through suicidal thoughts and attempts. She writes with honesty and compassion about the pain, fear, and isolation that can lead to suicide. She

also shares her insights into the warning signs of suicide and what can be done to help prevent it.

## **Personal Stories**

In addition to her own story, Dr. Heckman includes the stories of other survivors of suicide. These stories provide a glimpse into the many different faces of suicide and the impact it can have on those left behind. They also offer hope and inspiration for those who are struggling.

## **Warning Signs and Prevention**

Dr. Heckman provides a comprehensive overview of the warning signs of suicide. She also discusses the importance of seeking help if you are concerned about someone who may be suicidal. She offers practical tips for how to talk to someone who is suicidal and how to get them the help they need.

## **Grief and Healing**

For those who have lost loved ones to suicide, Dr. Heckman offers guidance on how to cope with the grief and loss. She discusses the different stages of grief and provides tips for self-care and healing.

## **Hope and Healing**

Despite the difficult topic, 'Bruised and Wounded: Struggling to Understand Suicide' is ultimately a book of hope. Dr. Heckman believes that suicide is preventable and that there is always hope for healing. She offers a message of hope and encouragement for those who are struggling and for those who have lost loved ones to suicide.

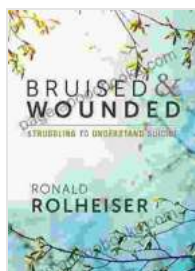
## **Resources**

Dr. Heckman includes a comprehensive list of resources for those who are struggling with suicidal thoughts or who have lost loved ones to suicide. These resources include helplines, websites, and support groups.

If you are struggling with suicidal thoughts, please reach out for help. There are many resources available to help you get through this difficult time. You are not alone.

For more information on suicide prevention, please visit the following websites:

- National Suicide Prevention Lifeline
- Crisis Text Line: Text HOME to 741741
- The Trevor Project: Text START to 678678



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