

SUICIDE MANUAL



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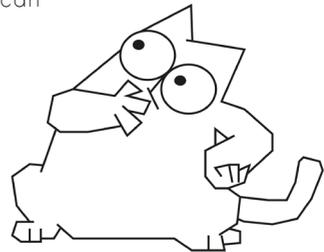
This book describes the methods of committing suicide in details. Before you start, you should be aware of the fact that if you are trying to kill yourself, the odds are against you. Yes, I will say that again - **the odds are against you**. According to a report released by the American Association of Suicidology, there are 25 attempts at suicide for every one success. In young people (aged 15 - 24), the odds are between 100 and 200 to 1 against. The elderly seem a lot more successful at 4:1.

So what are the messages here? Firstly, you are not alone. Suicide is a major problem. We are living in a society where more and more people are considering suicide. Second, note that anyone thinking of trying to kill themselves is much more likely to screw it up than succeeding. And third, many people who actually try and commit suicide but failed said that they were not really intending on dying. Many people attempt suicide on impulse, and ended up living with serious health implications.

The pain you are currently going through might be nothing compared to the pain you are about to put yourself through by trying to kill yourself.



1. Many suicides and attempted suicides are done on impulse. Suicide is a permanent condition. It is not a decision that should be rushed.
2. Be wary of what is driving you to consider suicide. Your actions might be driven from anger, hurt or revenge, rather than a true desire to end your life.
3. Consider carefully how painful the selected method is, and whether your desire to die exceeds the likely pain, and risk of a failed attempt.
4. If required, find someone to assist getting the means for the selected method, or help with the method itself. This may be particularly relevant for the infirm or terminally ill, and working out who can assist without judging you is key.





Last words or final words are a person's final articulated words said prior to death or as death approaches to explain the reasons for committing suicide and to say goodbye to loved ones. Why do people do that?

1. To ease the pain of those known to the victim by attempting to dissipate guilt.
2. To increase the pain of survivors by attempting to create guilt.
3. To set out the reason(s) for suicide.
4. To express thoughts and feelings that the person felt unable to express in life.
5. To give instructions for disposal of the remains.
6. Occasionally, to confess acts of murder or some other offence.

## How to write a living will

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1. Write a list of all of the things that you would like to donate to anybody. This list can include everything from your photo albums and boxes of letters to your mutual funds.
2. Choose an executor; this is the person who would distribute all of these valuables. Avoid making your executor someone who would encounter a conflict of interest.
3. Create a list of people who you feel are deserving of your things, including your pets, if you were deceased. This list can be updated as often as you like, but try to put the most obvious and significant people on your list for distribution.
4. Research what kind of will your state will accept. For example, there are some states that will not accept a holographic will, which is a will that you write, date and sign in your own handwriting.

5. If you have children, decide on who will get legal guardianship of your children.
  
6. Consider alternate beneficiaries or executors. If you make a will and then your executor passes away or cannot be located, there needs to be someone else who can decide on the distribution of your money and belongings.  
Clarify how you want to be buried and where your burial insurance is.
  
7. Have two people sign your living will who are in good health and in their right mind, but make sure these two people see you sign off on this will so they can confirm that you were also in good health and in your right mind, not being forced to create the will by someone else hanging over your shoulder.
  
8. Update or read over your will at least once a year to make sure nothing has changed.

## How to write a handwritten legal will

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1. Control where your possessions go.
2. To write a legal hand-written will, you must have of sound mind at the time of writing.
3. The will must be written from start to finish in your handwriting. If even one word of the will is typed or written by anyone other than you, the will cannot be legal.
4. Check your state requirements. State the full names and relationships of the heirs to you.
5. State clearly what you wish to leave to each of your heirs. Be very specified and do not ramble.
6. You must state who you wish as executor. It is wise to ask this person ahead of time if they are willing to undertake this.

## How to write a handwritten legal will

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8. Get witnesses. When you have completed your will, you must have two people witness you signing the will. They must be of legal age.
9. Get your will properly signed. The witnesses must sign at the bottom of the will. They should write their names and then print them and put a phone number where they can be reached. End with the date of signing.
10. Keep your will in a safe place. Make a copy to keep it handy.

## How to write a suicide note

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1. Take any paper you have or can find around your house. A post-it-note would do too.
2. Think of what you really want to convey to the people you are writing this to. It is time to pour your deepest thoughts and feeling out.
3. Start writing. It does not matter if it started out slightly messy, just keep writing whatever that appear in your mind at the moment.
4. Read what you wrote a few times to check if you lacked out some important things or thoughts.
5. Put the note at a place people can easily find or places you always hangout at.

### **Tips**

If you are lazy to really write a suicide note yourself, you could use suicide note generator online such as [www.porkjerky.com/free/suicide.php](http://www.porkjerky.com/free/suicide.php) to help you generate one.

Examples of a suicide note:

Dear mum

I am writing this letter to say goodbye and thank you for giving me life and don't cry I don't want you to be sad I want you to remember the Sun times and the happy times. At my funeral make everyone wear bright colours to remember my personality. I know I have been a pain at the best of times but I am with nan and grandad now so I love you and goodbye tell papa that she can have my room tell bobby that I am sorry for every thing sorry fish and tell dad he is the best and he can have my xbox and games and mean you can have every thing else.

Please be strong for me!

lots of love from Wesley

X X X  
X X  
X



Hey Ted,

I'm hanging out in the garage. Literally! Lol!!!

## How to write a death poem

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1. Think about what you want to achieve with your poem.
2. Think about why you are writing your poem and who your intended audience is, and then proceed in your writing accordingly.
3. Start writing. Let your thoughts flow naturally. You do not need to be too conscious whether the poem rhythm.
4. As you write and edit your poem, read it aloud and listen to how it sounds.
5. Edit until you are happy with how your poem sounds.

## How to write a death poem

Examples of a death poem:

I don't want to die;  
but  
death  
still  
sounds  
so  
divine:

sleeping forever beneath  
the surface of the sea;  
the mermaids finally got to me.

.cs.

Art is every, where  
is practically, every thing  
is every thing, and every thing  
then, and **DEATH** be Art?

Death is an art. This brilliant mystery behind the soul  
being PURGED of hell. It mirrors  
the mystery behind Mineloid smile.  
If Death is an art, can Suicide be Art?

Suicide is an art, and I, its painter.  
Control is the paintbrush of Suicide and He wields it.  
but, I can hold that brush. I can have Control.

With Control, a beautiful and disturbing pieces are  
made, never as beautiful as the works made by Him,  
but what if I used that control, upon myself?  
I would paint a Suicide, a painting, able to have its  
viewers to tears.

When first dream a painting is hard to tell. Its rough,  
sketchy, unclear. It's near obvious, its form  
until completion, but it really is.

With brush and hand, I can't be **MASTERPIECE**  
and my love painting will be left in the world.

Amore; Typed and written. A knot; text and (Pretend).  
Clothes; to make my piece finally feel beautiful and  
secure about itself...

With the collapse of my chair, my work is complete.

A picture is worth a thousand words.

But they seem not enough, for instead of words,  
my screams

**SCREAM**



### Hanging

Effectiveness: 

Popularity: 

Agony: 

Ugliness: 

1. Get a thick rope and cut it to the length you need.
2. Tie it into a noose or just tie a loop at the end of the rope and secure with a few tight knots.
3. Hang it up on a ceiling. The higher the ceiling the better.
4. Use a chair/table/ladder to reach to the hanged noose and then place your head into the loop.

## Hanging

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5. On the count of three, kick the chair/table/ladder away.
6. Hang in there until you slowly lose consciousness and die.

### Notice

Whilst hanging is a fairly reliable method if carried out correctly, there are a number of things that can go wrong and many of which are likely to result in permanent brain damage instead of death.

Choose a thick rope  
that is strong enough  
to sustain your  
body weight



The body will thrash  
around whether you  
are conscious or  
unconscious, which  
could increase the  
chance of a breakage  
in whatever is used to  
achieve suspension

## Methods of suicide

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### Firearm

Effectiveness: 

Popularity: 

Agony: 

Ugliness: 

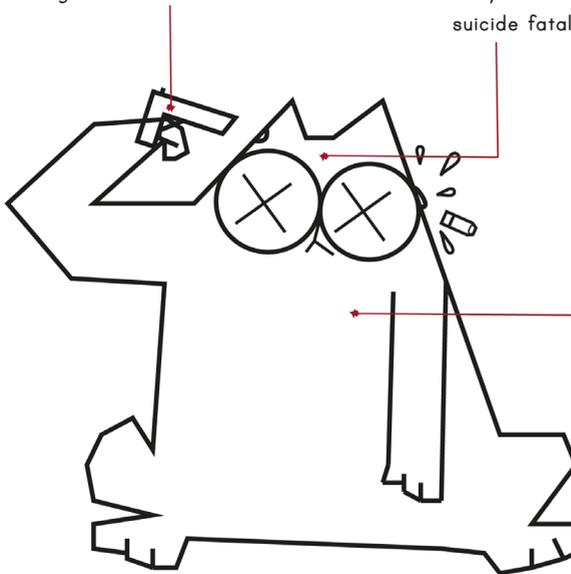
### **Caution**

For those concerned that those discovering them will see bloody facial disfigurement and spread of blood and brain/bone fragments over a wide space, this is unlikely to be the method to choose.

1. Get your hands on a gun, shotgun or rifle. If you are in countries that banned firearms from private ownership, you might want to consider other suicide method.
2. Plan where exactly you want to fire at. You want to fire at a place where you will have instant death, unless you like suffering pain.
3. Aim properly at the planned area and pull the trigger.

Studies have shown that out of those surviving a firearm suicide attempt, 80% used a handgun, 18% a rifle, and only 5% a shotgun, so, use a shotgun for effectiveness

Fire into the head rather than the body to increase suicide fatalities



Shooting at the chest will increase the chances of a fatal outcome as the shot spreads out and can cause extensive damage even if not aimed accurately

## Methods of suicide

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### Drug poisoning/Overdose

Effectiveness: 

Popularity: 

Agony: 

Ugliness: 

#### **Caution**

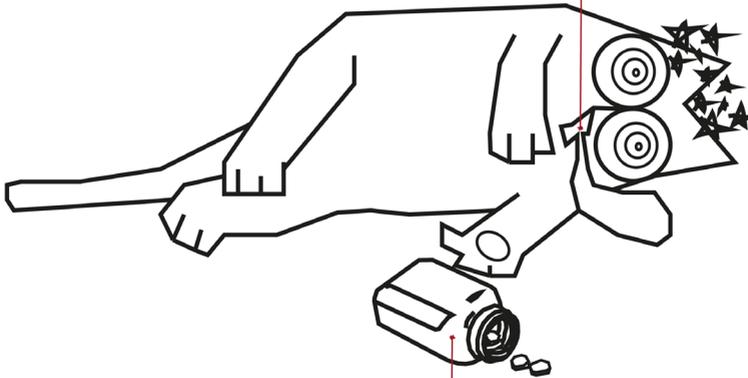
Be aware that the body, depending on the precise drugs and method used, may suffer from convulsions and seizures on the way to death.

1. Get yourself as many pills as you can from either doctor, your family, your friends or pharmacy.
2. Check the expiry/use by dates of the pills. Drugs will not be as effective after their expiry date.
3. Stuff yourself full with all the pills. Eat as many as you can.
4. Wait for 3 to 10 hours for the effect to take place and slowly cause agony and death upon you.

### ⚠ Notice

Modern sleeping tablets are not, by themselves, lethal, and taking a large dose as a suicide attempt is more likely to result in a long sleep and a trip to the hospital emergency department than death.

Overdosing usually causes a combination of pain, vomiting, fever, convulsions, respiratory depression, organ failure, heart palpitations and other unpleasant effects. Peaceful death? Think again.



Research showed that of the total 1,243 drug related suicides, 28.5% were due to paracetamol and its compounds, and 24.5% were by anti-depressants, making these the top two overdose drugs.

## Methods of suicide

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### Carbon Monoxide(CO) poisoning

Effectiveness: 

Popularity: 

Agony: 

Ugliness: 

#### **Notice**

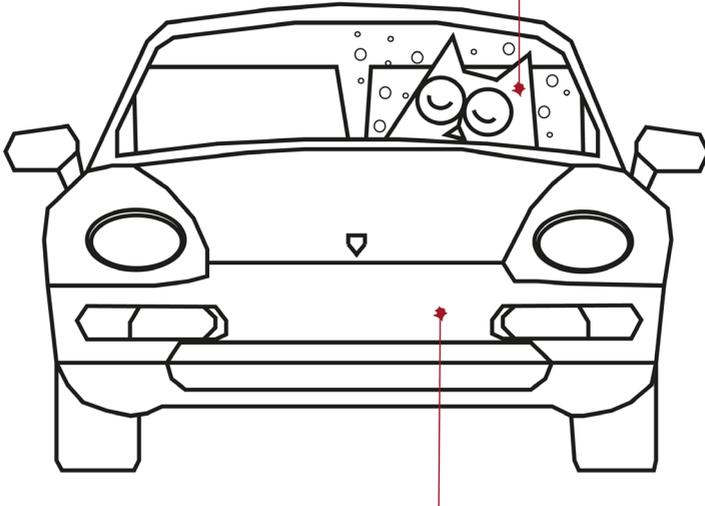
Creating a CO generator does require some skill and dexterity, so this method may not suit many people.

1. Get yourself a car or vehicle that you could use.
2. Keep the engine of the car/vehicle running in a closed garage while sitting in there for as long as possible.
3. Wait for around 5 to 15 minutes. Be patient. You could take a short nap or do something to kill time.
4. You might suffer some brief panic before death due to the fact that the body is not breathing in air.

## Carbon Monoxide(CO) poisoning

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Depending on how pure the CO is, you would most likely become a brain dead vegetable (not death!) within the first few minutes.



The older the car, the more carbon monoxide will be produced, the faster you will die.

## Carbon Monoxide(CO) poisoning

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### Burning of coal

Effectiveness: 

Popularity: 

Agony: 

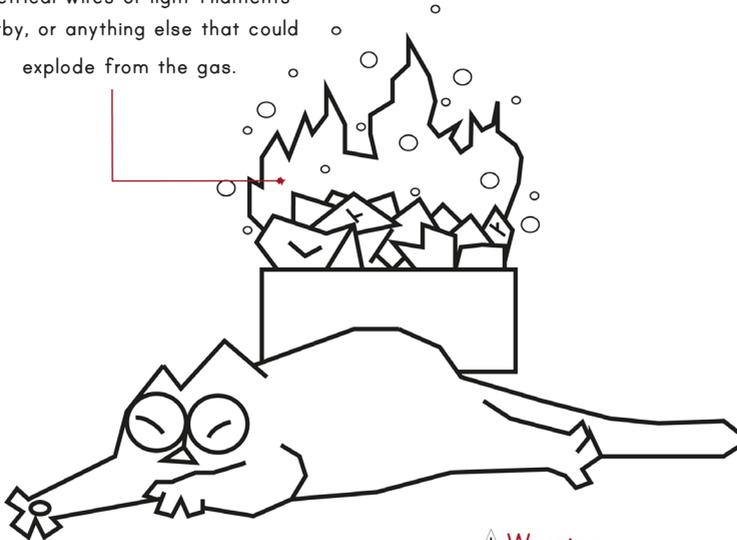
Ugliness: 

1. You need to have a small room.
2. Make it air tight by closing all the windows and doors and blocking all the ventilation.
3. Then get something where you can burn the coal in the room.
4. Take a tranquilizer and go off to sleep. You most likely would not wake up after that.

## Carbon Monoxide(CO) poisoning

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CO can cause explosions, so it is essential that there are no exposed electrical wires or light filaments nearby, or anything else that could explode from the gas.



### **Warning**

The gas lingers. This means whoever finds your body could get a lung full and die too!

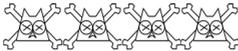
## Methods of suicide

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### Jumping off building

Effectiveness: 

Popularity: 

Agony: 

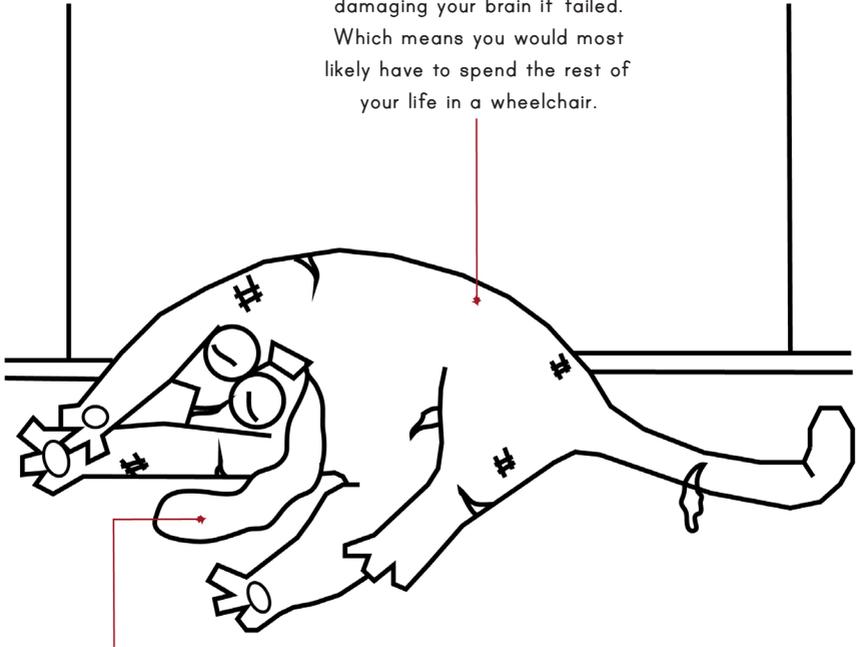
Ugliness: 

#### **Caution**

Please check if the place is clear before jumping. You do not want to end up killing someone else instead.

1. Find a building that is ten stories or higher.
2. Stand at the edge of the roof of the building or climb over the wall. Try to overcome the fear of heights.
3. Take a deep breath and jump. You could consider closing your eyes if you are afraid. However being afraid might mean that you do not want to die after all.

Risk of fracturing your spine,  
pelvis or major bone and  
damaging your brain if failed.  
Which means you would most  
likely have to spend the rest of  
your life in a wheelchair.



You might suffer severe  
pain between the time  
you landed and died.

## Methods of suicide

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### Jumping under train

Effectiveness: 

Popularity: 

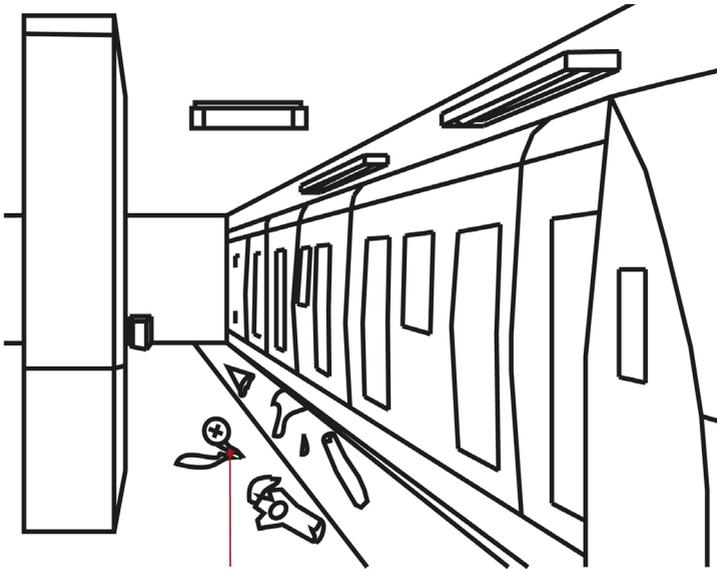
Agony: 

Ugliness: 

 **Caution**

Jumping under a train is likely to cause trauma for a number of people other than the one attempting suicide.

1. Get into a train station.
2. Choose a spot with the least crowd and stand near the platform edge.
3. Look out for the train. Timing is everything for this suicide method.
4. Jump just as the train comes out from the tunnel.



Whilst someone might picture death as being decapitated by the train wheels, it is also possible for the body to just bounce off the front of the train then fall in between the train wheels, or have just a limb over the tracks.

### Notice

Those surviving are likely to have serious injuries, which may run from broken bones, to limbs amputated and brain damage.

## Methods of suicide

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### Slitting wrist

Effectiveness: 

Popularity: 

Agony: 

Ugliness: 

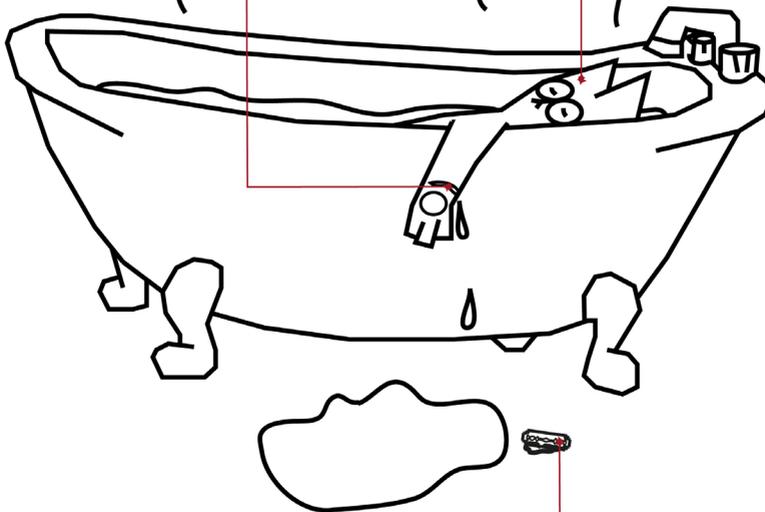
#### **Notice**

If you survive, which you most likely will, the scar on your wrist will be permanent and a constant reminder of your bad days.

1. Get yourself a razor sharp knife/blade.
2. Cut along the blue line(vein) on the underside of your wrist.
3. Cut deeply so that the artery underneath is exposed.
4. Wait until you bleed enough blood to take your life away.

This is a very common suicide 'gesture' and hardly ever results in anything other than a scar.

A lot of will power required to cut deeply into groin or carotid arteries, which are the only ones likely to kill you.



Razors can be pretty tricky to hold when they are covered with blood, so you need to be quite patient.

## Methods of suicide

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### Drowning

Effectiveness: 

Popularity: 

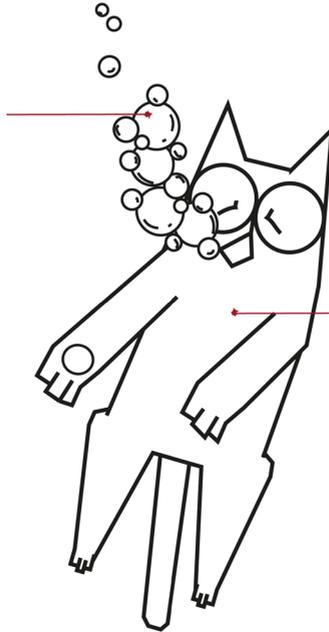
Agony: 

Ugliness: 

1. Choose a place with deep water in a remote spot.
2. Put stones in your pockets or tie something heavy to you to ensure that you will sink in the water.
3. Jump into the chosen place.
4. As you sink, slowly relax your body and let the last bit of oxygen in your mouth/nose out until you suffocate and die.

You can be revived from cold water drowning after several hours, because the cold slows down terminal brain damage.

Your physical appearance will be hard to look at and identify when your body is discovered.



It is actually extremely painful to drown. Your lungs and throat burn and you feel like you're being stabbed repeatedly as water fills your lungs.

# Methods of suicide

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## Pesticides

Effectiveness:



Popularity:



Agony:



Ugliness:

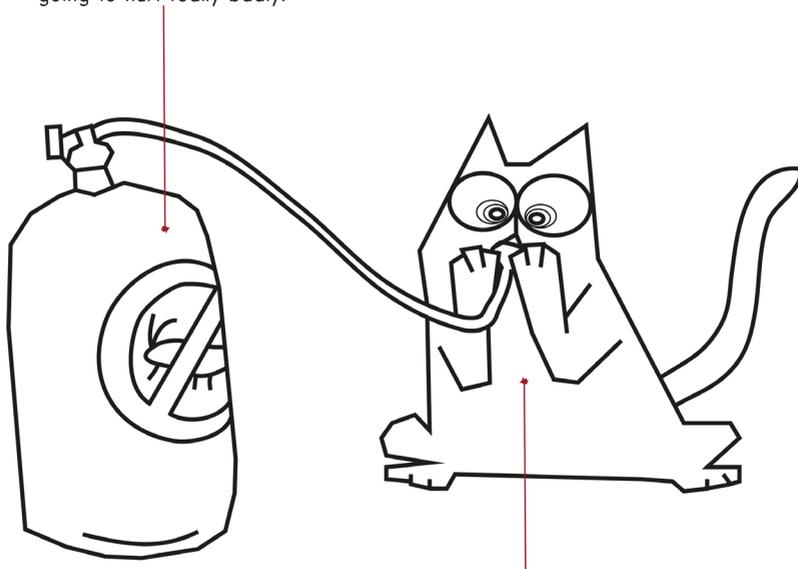


1. Get 3 to 4 containers of pesticide.
2. Start by consuming one and increase the dosage if you feel that 1 container is not going to help.
3. Just keep drinking until you are in great pain and slowly suffer to death.

### **Caution**

Death for this method can be very painful and failure can cause life long effects on the body's internal organs.

Pesticide is very hard to swallow because it burns the throat and as it travels through the digestive system it is going to hurt really badly.



Be prepared for agonising stomach cramps, body going into shock, muscles spasming and sickness.



After a failed suicide attempt you might face:

1. Hospitalisation and the bills for it.
2. Might suffer from long term or even permanent health issues, injuries or inabilities which might make you feel worse about your life.
3. Going for counselling frequently.
4. People will keep an eye out for you and be really careful when you are around them.
5. Devastated family and friends who you have not told or talked to regarding your suicide plan.
6. Feeling ashamed of yourself even more than before.

### **Caution**

According to a survey, there were 8.3m adults who had serious thoughts of committing suicide, and 2.3m who had actually made plans to commit suicide. Of those, 1.1m actually attempted suicide, but only just over 33,000 succeeded. Which would make the ratio of failure to success 33 to 1.

## Help me

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Assume, just for a second, that you have a car. If it breaks down, what do you do? Normally, take it to someone to get it fixed. You wouldn't pour acid on it, blow it up, drive it over a cliff. It's just broken, and broken things can be repaired. You are no different to a car. You have a problem. The issue is you either don't believe it can be repaired, or don't know how. Both can be addressed.

1. Follow the three day rule. If you are going to be dead for the rest of time, what is another few days wait? It may be that in a few days your enthusiasm to go through with it might not be the same, which will suggest that maybe suicide is not the only answer, and possibly something could change in your life circumstances, or how you view or feel about your life, that will change your decision.
2. Speak to someone. Now. People who are suicidal are very often feeling lonely, isolated, depressed and feeling hopeless.

3. Realise that statistics show the vast majority of people who are suicidal do not go through with it. You are not alone. And the odds of you getting through this and feeling better again are in your favour. So even if you think there is no hope, the statistics would point to there being lots of hope. Most people who are suicidal go on to lead a much longer life.
4. Think, very, very carefully, about the pain of killing yourself. Many people mistakenly assume that suicide is painless, and thus it will be less painful than the pain of life they are enduring. In many cases though, suicide is not painless, and is positively very painful.

### **Tips**

If you cannot face speaking to someone, consider joining chat forum such as [www.befrienders.org](http://www.befrienders.org).

## Addressing the problem

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### 1. **Therapy**

Talking therapies help patients gain insight into and resolve their problems through verbal give-and-take with the therapist. Behavioural therapies help patients learn new behaviours that lead to more satisfaction in life, and “unlearn” counter-productive behaviours.

### 2. **Medication**

Research shows that the risk for suicide is associated with changes in brain chemicals called neurotransmitters, including serotonin. The aim of medication is to restore the level of certain chemicals in the brain to a higher level, thereby improving the mental state of the patient.

### 3. **Counselling**

By listening attentively and patiently the counsellor can begin to perceive the difficulties from your point of view and can help you to see things more clearly, possibly from a different perspective.

### 4. **Yoga**

An issue many people face when feeling suicidal is feeling overcome with life's problems. That generally involves a lot of thought. By removing focus from one's internal dialogue, to that of synchronising movement with breath, yoga is able to provide a break from the constant stream of negative thoughts.

### 5. **Community/charity**

Many people go through life struggling with finding a meaning for their life, and I think that is especially true for people contemplating suicide. By supporting a charity or a community project, you have a real chance to make a difference to other people, or the planet we live on. And having a purpose to life that is outside of yourself can be very powerful.

## Addressing the problem

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### Helpful hotlines and websites:

[www.samaritans.org.sg](http://www.samaritans.org.sg)  
1800-221 4444 (24-hour hotline)  
[pat@samaritans.org.sg](mailto:pat@samaritans.org.sg)

[www.befrienders.org](http://www.befrienders.org)  
+44 (0) 7528595113  
[info@befrienders.org](mailto:info@befrienders.org)

[www.samhsa.gov/prevention](http://www.samhsa.gov/prevention)  
800-789-2647

[www.suicidology.org](http://www.suicidology.org)

[www.thecalmzone.net](http://www.thecalmzone.net)

[www.suicidehotlines.com](http://www.suicidehotlines.com)

[www.metanoia.org](http://www.metanoia.org)

### Notice

If the suicide methods mentioned require you to overcome such great fear to perform and cause so much pain in you and your family/friends, then perhaps the objective being sought to reduce the pain being experienced in life is lost.

**And maybe attempting suicide is not the best, or the only, way of achieving that.**

