

Hi MS Reading Folk,

This month's MS reading group will be on the topic of suicide.

**We are looking at two key texts:**

1. Chapter 1 of 'Thinking about Suicide' by David Webb (attached)

David Webb has penned what's described as 'the world's first PhD on suicide by someone who has attempted it'. He suggests we need to honour suicidal feelings as real, legitimate, important and 'a sacred part of the human story'.

2. Carolyn Spring's Podcast #1 "Suicide", available to listen/view transcript here:  
<https://www.carolynspring.com/podcast/suicide/> [content note for CSA]

In her own words, Carolyn is "an author, trainer, and trauma survivor. Through my writing and speaking, I help to reverse adversity – in my own life and in the lives of others."

**Date:**

Tuesday 16<sup>th</sup> August, 7-8.30pm AEST (10am BST, 2.30pm IST)

**Zoom details:**

<https://us02web.zoom.us/j/85482077014?pwd=Z1VyY1AxeExReWRzZEsrZ2ZlbWVWUT09>

Meeting ID: 854 8207 7014

Passcode: **465618**

**Possible discussion questions:**

- How can we think differently about suicide?
- What helps to foster safe, candid and compassionate conversations about suicide?
- What can Mad Studies as a discipline bring to the topic of suicide?
- What do you think about how Webb conceptualises suicide?
- What do you think about the way Springs sees suicide as an "option, but not the only option"?

Please be mindful when attending that we are holding this as an open space for safe, compassionate, and candid discussions of suicide.

We would appreciate folks be mindful of language and consider [the Mindframe Guidelines](#) including the table attached here. We recognise much of the other sections of the guidelines run counter to this month's intention of a frank and open discussion, so please hold this lightly.

We also ask you to consider the framework outlined by the [Big Feels Club](#), suggested by Amie, with the facilitators Grace and Zara to unpack with attendees during the group exactly how we will talk about suicide via the texts provided, and how we can have these conversations in a way that challenges the stigma and shame of suicide and holds space for people's lived experience of suicidal distress.

If this topic isn't your jam, or you're not sure you will be able to participate this month for whatever reason, no problem! We will see you next month. **We are looking for a topic and co-facilitator in September so please get in touch if that's you.**

This month's reading topic is in memory of Sab D'Souza and their activism, art, and care. For more information and to experience Sab's chat bot digital installation: <https://hyphenatedbiennial.art/Sab-D-Souza>

With love and solidarity,

Antonia & Zara