

## News

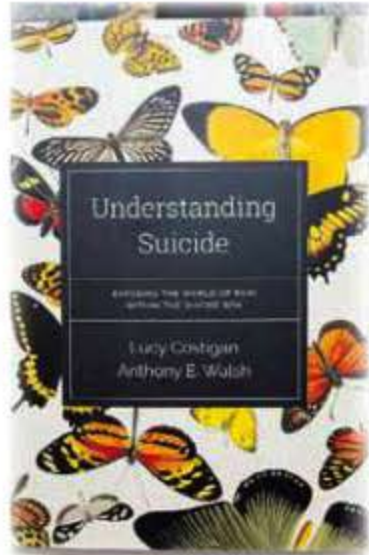
# The collateral damage of the society we live in

**JIMMY RHATIGAN**

JIMMYRHATIGAN@GMAIL.COM

IT PROMISES to be a fascinating read, a frightening perusal perhaps, and for far too many, an emotional and poignant experience.

A 330-page paper back called *Understanding Suicide, Exposing the World*



*of Pain within the Suicide Box*, was launched at the Brógmaker, Castlecomer Road, Kilkenny on Friday.

The book is by counsellor Lucy Costigan and former prison services employee, Anthony E. Walsh, aka Tony Walsh.

It was Tony's experiences in the prison service, where there is a high incidence of suicide, along with his work with many families bereaved by suicide, that motivated him to team up with top author Lucy who had a best seller in *Glenbeagh Mystery*.

Lucy is from Wexford, Tony is a Ballingarry, Tipperary man with four sisters living in the Kilkenny, Carlow region.

"I was driven because of my connections with the prison service where there is a 24-hour watch, with particular attention paid to those who may be depressed, yet suicide in the prison service is three times the national average," Tony told *The Reporter*.

## Very wrong

Through his active involvement with *Living Links*, a group that supports families bereaved by suicide, he got an insight into grief following suicide, which can be horrific, very complicated with every emotion multiplied by 100.

Lucy also works with people who are suicidal. "When we spoke about suicide and decided to write a book, the more we realised something was very wrong. We concluded that we were in a box, a suicide box, socialised into a particular frame of mind," said Tony.

"We came up with the analogy that we were on a cliff top running along trying to stop people taking their



**Lucy Costigan (author), Seamus Hanafin, chair Tipperary County Council, Mayor Joe Malone, Tony Walsh (author) and Frank Kavanagh Pics Vicky Comerford**

own lives, but hardly anyone was taking a look at the journey to that cliff.

"We discovered that suicide is being facilitated and enabled by the structures of

society. We have to realise that is the case and unless something is done we will have to live with suicide as collateral damage of the society we live in."

Published by Corrach Press, Blackrock, *Understanding Suicide* is available at Stonehouse Books, St Kieran's Street and the Book Centre, High Street at €19.99.