

[Dying of a Broken Heart](#)

Consultant: [Dr William Shanahan](#)

Fabulous Magazine, 27th August 2011, Claire Wilson

[Dr William Shanahan](#), the Executive Medical Director and Lead Consultant at Capio Nightingale Hospital shared his expert views not only on the phenomenon of “heartbreak suicides” but also explained that the number of difficulties [adolescents](#) are experiencing is due to a lack of coping mechanisms.

[Dr Shanahan](#) says, “Today’s kids have been brought up thinking they are going to get everything they want from life. Parents keenly encourage them to believe they can be anything they want, while celeb culture is all about dream romances and perfect, glamorous lives. But, sadly, reality isn’t always like that. So when they’re faced with rejection or failure, it’s sometimes too much for them to bear.” [Please read the full article](#)

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