



ANALYSIS ON INCREASING
SUICIDE RATE AMONG THE YOUTH

“We can never imagine the emptiness of a creature who put a razor to the wrist and opened up the veins, the hopelessness and the calm”

-JEFFREY

EUGENIDES.

Suicides among young people continue to be a serious problem. Suicide is the second leading cause of death for children, adolescents and young adults age 15 to 24 years old. The majority of children and adolescents who attempt suicide have a significant mental health disorder, usually depression.

Among younger children, suicide attempts are often impulsive. They may be associated with feelings of sadness, confusion, anger or problems with attention and hyperactivity among teenagers, suicide attempts may be associated with feelings of stress, self-doubt, pressure to succeed, financial uncertainty, disappointment, and loss. For some youths suicide may appear to be a solution to their problems.

Depression and suicidal feelings are treatable mental disorders. The youths need to have his or her illness recognized and diagnosed, and appropriately treated with a comprehensive treatment plan.

Thoughts about suicide and suicide attempts are often associated with depression. In addition to depression, other risk factors include:

- ❖ Family history of suicide attempts
- ❖ Exposure to violence
- ❖ Impulsivity
- ❖ Aggressive or disruptive behaviour
- ❖ Access to firearms
- ❖ Bullying
- ❖ Feelings of hopelessness or helplessness
- ❖ Acute loss or rejection

Youths thinking about suicide may make openly suicide statements or comments such as. “I wish I was dead”, or “I won’t be a problem for you much longer”.



Other warning signs associated with suicide can include:

- ❖ Changes in eating or sleeping habits
- ❖ frequent or pervasive sadness
- ❖ withdrawal from friends, family and regular activities
- ❖ frequently complaints about physical symptoms often related to emotions.
- ❖ decline in the quality of work
- ❖ preoccupation with death and dying.

Youth people who are thinking about suicide may also stop planning for or talking about the future. They may begin to give away important possessions.

People often feel uncomfortable talking about suicide. However, asking them whether he or she is depressed or thinking about suicide can be helpful and this can provide assurance that somebody cares and will give them chance to talk about problems.

Parents, teachers and friends should always err on the side of caution and safety. Any child, adolescent or youth with suicidal thoughts or plans should be evaluated immediately by a trained and qualified mental health professional.

“Even the darkest night will end and the sun will rise”

Problems are reversible. Irreversible decisions like suicide are not the solution to the problems. Suicide doesn't end the pain, it just passes it to someone else. We're alive for a reason. So we should never ever give up.

“Life has its ups and downs. Keep on swinging.”

K. DIVYA

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