



# Psychology of Suicide: A Major Public Health Concern and a Leading Cause of Death

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## DESCRIPTION

Suicide is, without a doubt, a huge public health issue and a leading cause of mortality around the world. According to recent figures, over a million people die by suicide each year, resulting in an annual global age-standardized suicide rate of 11.4 per 100,000 people. When comparing the years 2000 to 2016, the age-adjusted suicide rate increased by 30%. According to a conservative estimate, more than 20 million people attempt suicide each year. Furthermore, given the WHO's prediction that suicide rates will surpass one million in the next 15 years, it is projected that suicide rates will climb in the future.

Unbearable mental suffering is a major contributor to suicide. Psychache has been identified as a main facilitator of suicide ideation and conduct in several researches. Suicide is defined as a behaviour motivated by a desire to end extreme psychological suffering. Other psychological elements, like as personality features, affective characteristics, and dysregulation, appear to have a role, with a growing importance to suicidal decision-making deficiency.

Suicides are also influenced by interpersonal circumstances. Approximately 45% of those who die by suicide see a primary care physician within one month of their death, without disclosing their suicide intentions or plans. Levi-Belz and colleagues found that poor self-disclosure, along with several other characteristics, may encourage more fatal suicide behaviour in the Israeli MSSA (Medically Serious Suicide Attempters) experiment.

The likelihood of a kid injuring himself or herself is low. However, it is possible for a youngster or a teen to have suicidal

thoughts or, unfortunately, to commit suicide. While the risk of suicide is highest during adolescence, children as young as five have been reported to contemplate or commit suicide. Parents can help their children by learning to recognise common warning signs of suicidality (such as sudden mood changes, frequent talk about "going away" or dying, or risky, impulsive behaviour), seeking mental healthcare for children who are at risk, and fostering an environment where children feel safe talking about their emotions and challenges.

People who want to commit suicide often believe that they are in good health when they are not around because they are a burden to others. In other words, they practice the ultimate selflessness in the minds of those who deal with the intensity of suicide. Combining this psychologically painful stress experience with isolation often leads to suicidal despair.

## CONCLUSION

The great majority of suicide attempts are unsuccessful. Many people who survive a suicide attempt experience a sense of relief and may even approach their lives with renewed optimism; however, many survivors continue to battle with mental health issues and may be at risk of future suicide attempts. As a result, anyone who has tried suicide should seek mental health treatment and seek assistance from their loved ones. In the vast majority of situations, with support, he or she will go on to enjoy a happy and fulfilling life. People with persistent suicidal ideation or behavior should seek help as soon as possible. Looking for the help of an expert mental health professional is the best way to ward off future crises and sustain well-being over time.

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