

SUICIDE AS A MAJOR MENTAL HEALTH CHALLENGE

BY PRINCE MINJO PETER (UPC-1)

Define: SUICIDE

- Suicide means ending your own life.
- It is sometimes a way for people to escape pain or suffering.
- When someone ends their own life, we say that they "died by suicide."
- " A "suicide attempt" means that someone tried to end their life, but did not die.



SUICIDE WORLD STATISTICS

- An estimated 703,000 people a year take their life around the world.
- Over one in every 100 deaths (1.3%) in 2019 was the result of suicide.
- The global suicide rate is over twice as high among men than women.
- Globally, suicide is the fourth leading cause of death in 15-29-year-olds.

Who is at risk?

- In 2021, the WHO noted that many suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship break-ups or chronic pain and illness.
- It further stated that experiencing conflict, disaster, violence, abuse, loss, and a sense of isolation are strongly associated with suicidal behaviour.
- “Suicide rates are also high amongst vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; lesbian, gay, bisexual, transgender, intersex (LGBTI) persons; and prisoners.”
- Therefore everyone is at risk to die by suicide i.e. all sex, age, race, religions, culture.

What are warning signs of suicide?

Here are some warning signs:

- 1) The person talks about wanting to kill themselves.
- 2) The person uses more drugs or alcohol than usual.
- 3) The person says they have no reason to live.
- 4) The person seems very scared or worried.
- 5) The person says that they feel like there is no way out of a situation.
- 6) The person cannot see hope for the future.
- 7) The person does not want to spend time with others.
- 8) The person has a hard time controlling their anger.
- 9) The person does things that may be dangerous and does not think about what might happen.
- 10) The person's mood changes in a big way.

Myths about suicide

1. Suicide is not very common.
2. Thinking about suicide is not very common.
3. Someone who wants to die by suicide just wants to die.
4. People who attempt suicide just want attention.
5. Only people with a mental illness think about suicide.
6. Talking about suicide will make people think about dying by suicide.

FACTS ABOUT SUICIDE

1. Women are 3 times more likely than men to attempt suicide, and men are 3.5 times more likely to have a fatal outcome when attempting suicide.
2. Lesbian, gay, bisexual, and questioning youth are almost 5 times more likely to attempt suicide.
3. One in every nine people has thought about suicide at some time.
4. People who die by suicide do not necessarily want to end their lives. They want to get rid of bad things in their lives. They do not know what else to do.
5. For every suicide, there are likely 20 other people making a suicide attempt and many more have serious thoughts of suicide.
6. Most people who die by suicide have attempted suicide in the past.
7. Talking about suicide does not give people ideas. Talking honestly about suicide is a good way to find out if someone needs help. Talking about suicide lowers the risk of suicide.

Forms of suicide

- 1) Suffocation
- 2) Hanging
- 3) Poisoning
- 4) Drug overdose
- 5) Shooting
- 6) Jumping
- 7) Cutting and stabbing
- 8) Drowning
- 9) Starvation and dehydration
- 10) Collision with or of a vehicle
- 11) Disease
- 12) Fire
- 13) Rituals



NTV Kenya ✓

16m • 🌐



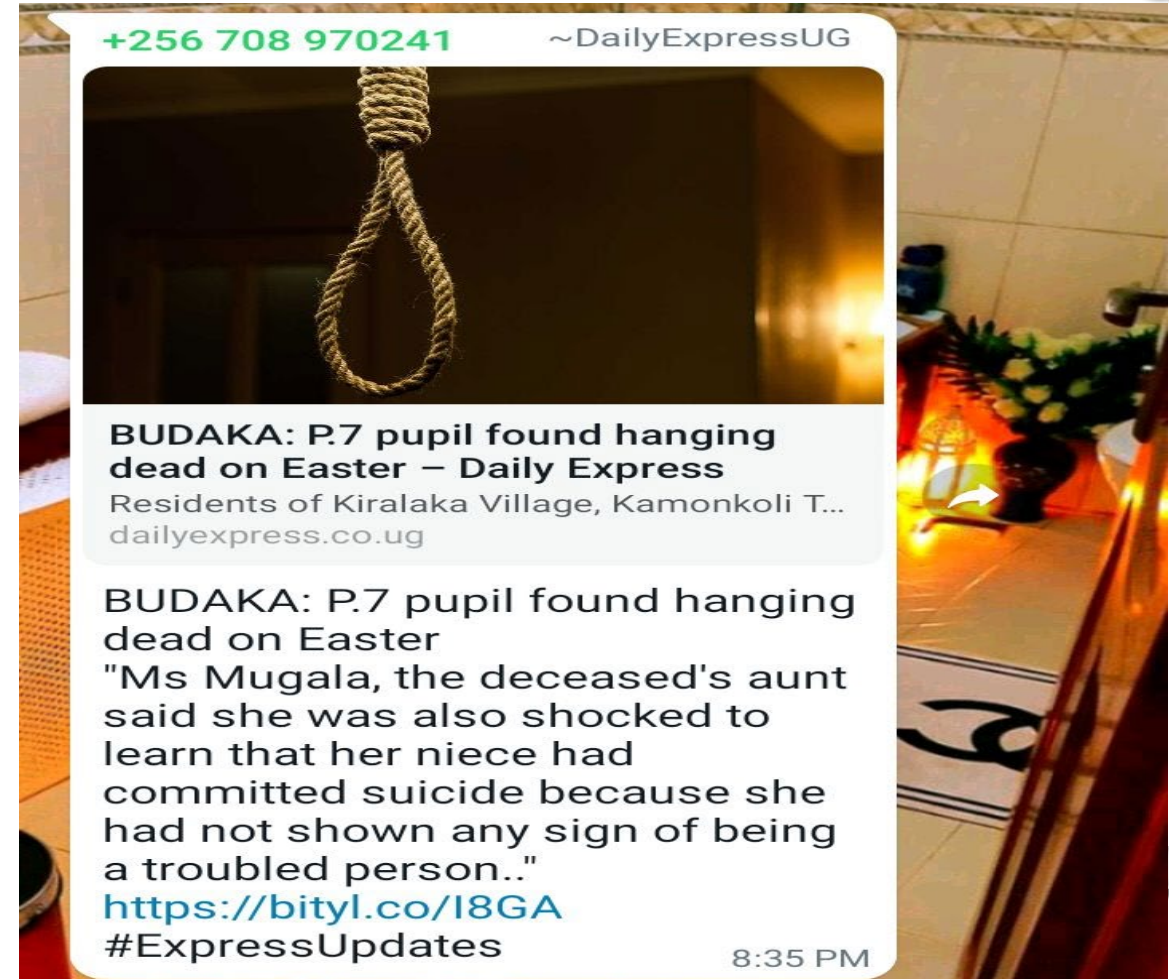
Kiambu man dies by suicide after long struggle with cancer

<https://bit.ly/3k5inGs>



Children and teenagers

- Being the victim of bullying.
- History of physical or sexual abuse.
- Problems with alcohol or drugs.
- Having a psychiatric disorder, including depression.
- Reading or hearing an account of suicide or knowing a peer who died by suicide.
- Physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection.



Murder and suicide

In rare cases, people who are suicidal are at risk of killing others and then themselves. Known as a homicide-suicide or murder-suicide, some risk factors include:

- ☐ History of conflict with a spouse or romantic partner
- ☐ Current family legal or financial problems
- ☐ History of mental health problems, particularly depression
- ☐ Alcohol or drug abuse
- ☐ Having access to a firearm

When to see a doctor?

- If you're feeling suicidal, but you aren't immediately thinking of hurting yourself:
- Reach out to a close friend or loved one — even though it may be hard to talk about your feelings
- Contact a minister, spiritual leader or someone in your faith community
- Call a suicide hotline
- Make an appointment with your doctor, other health care provider or a mental health professional
- Suicidal thinking doesn't get better on its own — so get help

services offered.

- ☐ addiction counselling.
- ☐ addiction prevention programs.
- ☐ pre-marital counselling.
- ☐ youth Mentorship.
- ☐ out reaches to institutions and organizations.
- ☐ mental health consultations.
- ☐ psychiatrist assessment and management(stress, trauma, depression, schizophrenia, panic attacks, anxiety etc.
- ☐ rehabilitation and treatment. (**yet to start**)



email: jinjarecoverycenter2023@gmail.com

facebook: jinja recovery center

tel: +256789231030/+256701106699

***address: wanyange, bugembe northern
division jinja city***

Mwebale ihno bakagwa

Life is too short to commit suicide; be patient you still gonna die.

