

Suicide prevention across the globe: Strengthening protective factors & instilling hope

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Suicidal behaviour has become a major public health problem across the world. It is a complex phenomenon that usually occurs along a continuum, progressing from suicidal thoughts, to planning, to attempting suicide, and finally dying by suicide, which represents the final tragic outcome of a morbid process. Factors that affect the risk of suicide include psychiatric disorders, drug misuse, psychological states, cultural, family and social situations, genetics, Mental illness and substance misuse frequently co-exist. Statistically around 8,00,000 to a million people die by suicide every year, making it the 10th leading cause of death worldwide. It is essential for taking collective efforts to reduce the incidence of suicide through preventive measures. Is it possible for us to have attention of all, to the global burden of suicidal behaviour and discuss strategies for suicide prevention, highlighting cultural initiatives and emphasizing how specific prevention initiatives are shaped? As Homoeopathic learners we can play a major role in spreading social awareness for understanding how to assess Suicidal risk and why a suicide prevention strategy is essential? Our efforts can save someone's life by strengthening protective factors & instilling hope in those who are at risk of suicide.

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