

Suicide

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Outline

- Introduction
 - Historical background
 - Facts & figures
 - Suicidal process
 - High risk groups
 - What can be done
-

Introduction

Definition

- Process which ends with death
 - Process initiated & conducted by the person
 - With the knowledge & expectation of death
-

Historical background

Judas -- Jesus Christ

Hara-kiri -- Japanese samurai

Sati puja -- Indian widows

Facts & figures

Global status

- ❑ 1 million suicides per year
 - ❑ 10 – 20 million suicidal attempts per year
 - ❑ Main factor causing death
 - ❑ 60% youth
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Facts & figures

Sri Lanka

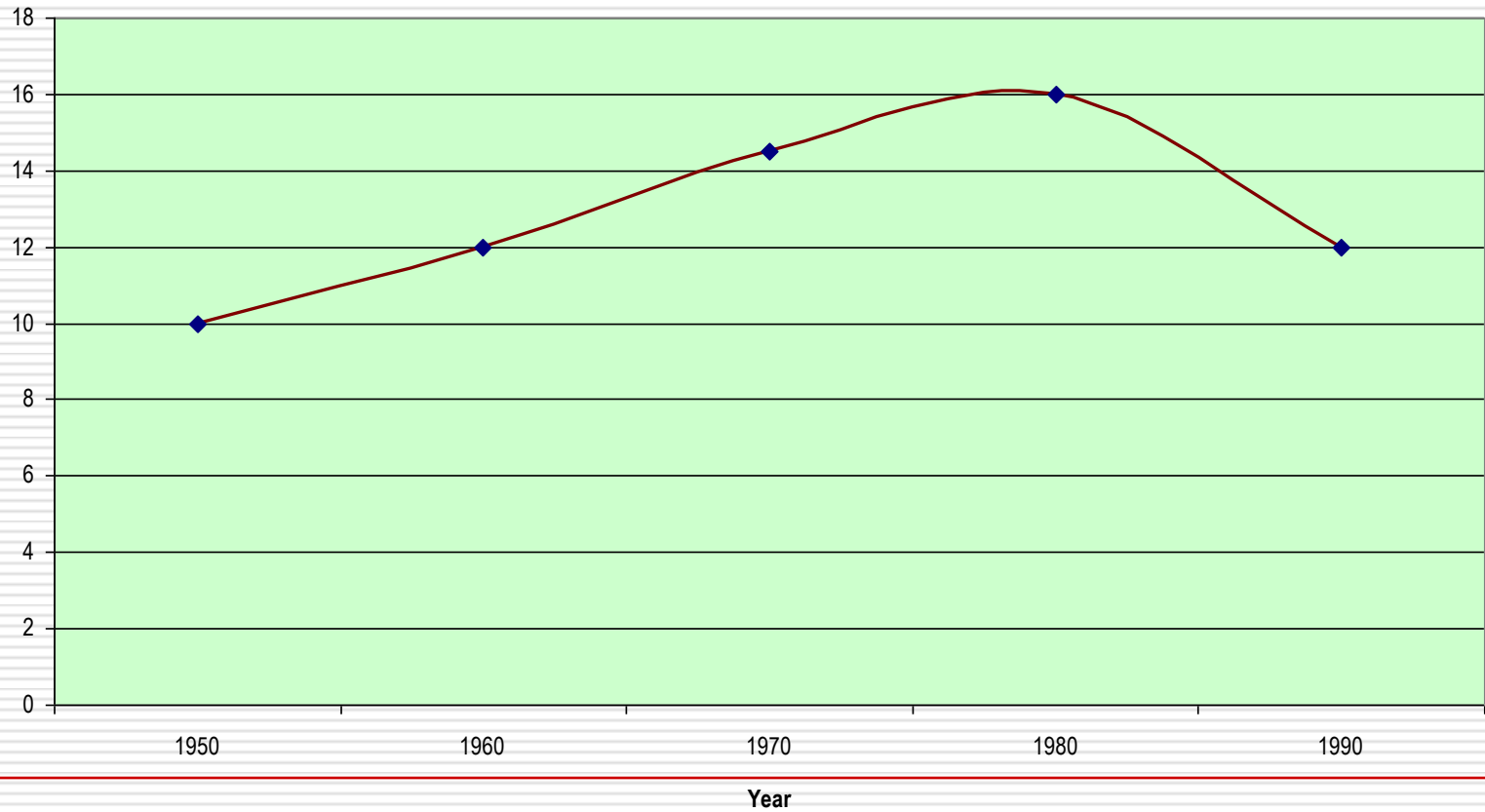
- ❑ Suicide rate in women – world No. 1
- ❑ Suicide rate in youth – world No. 1

1985 -- 2000

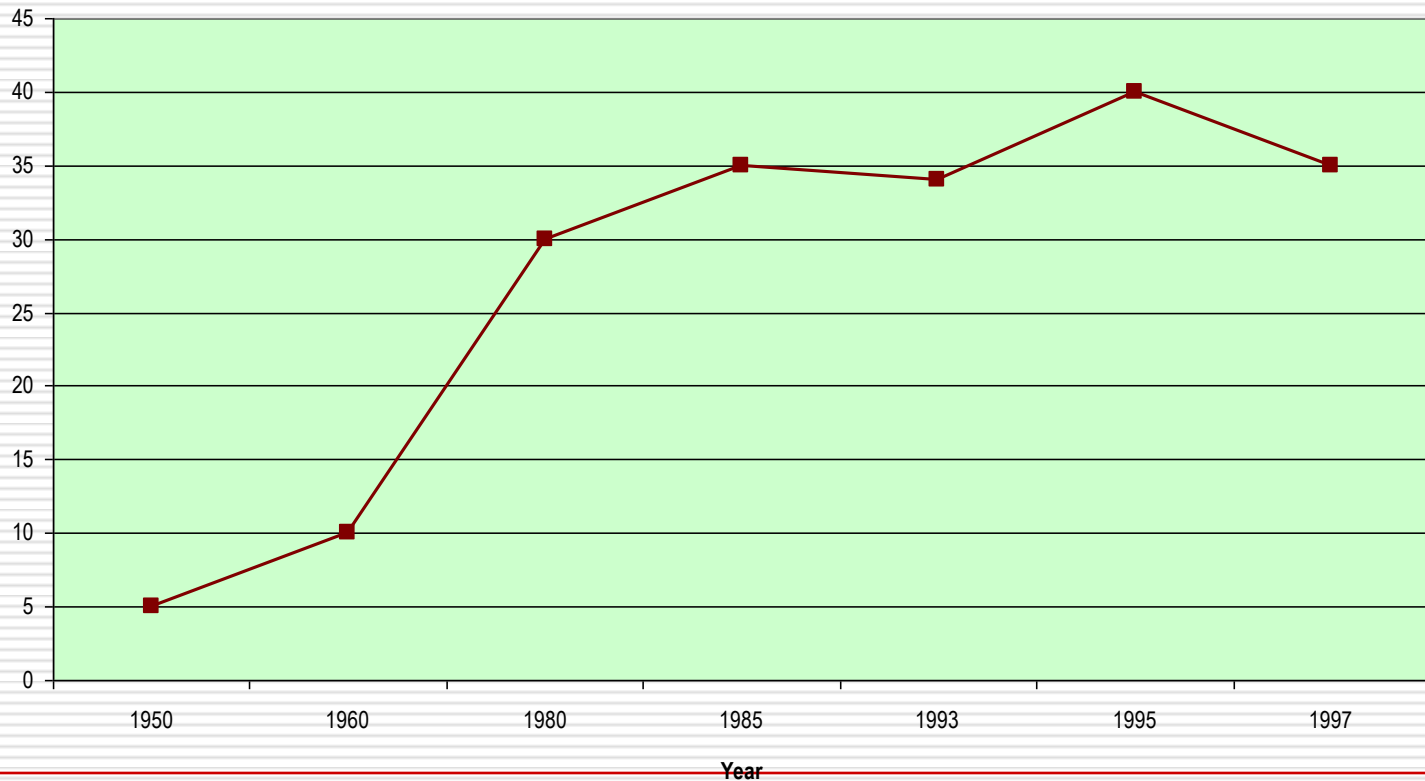
- ❑ Deaths from war: 50,000
- ❑ Deaths from suicide: 106,000

Common cause of death

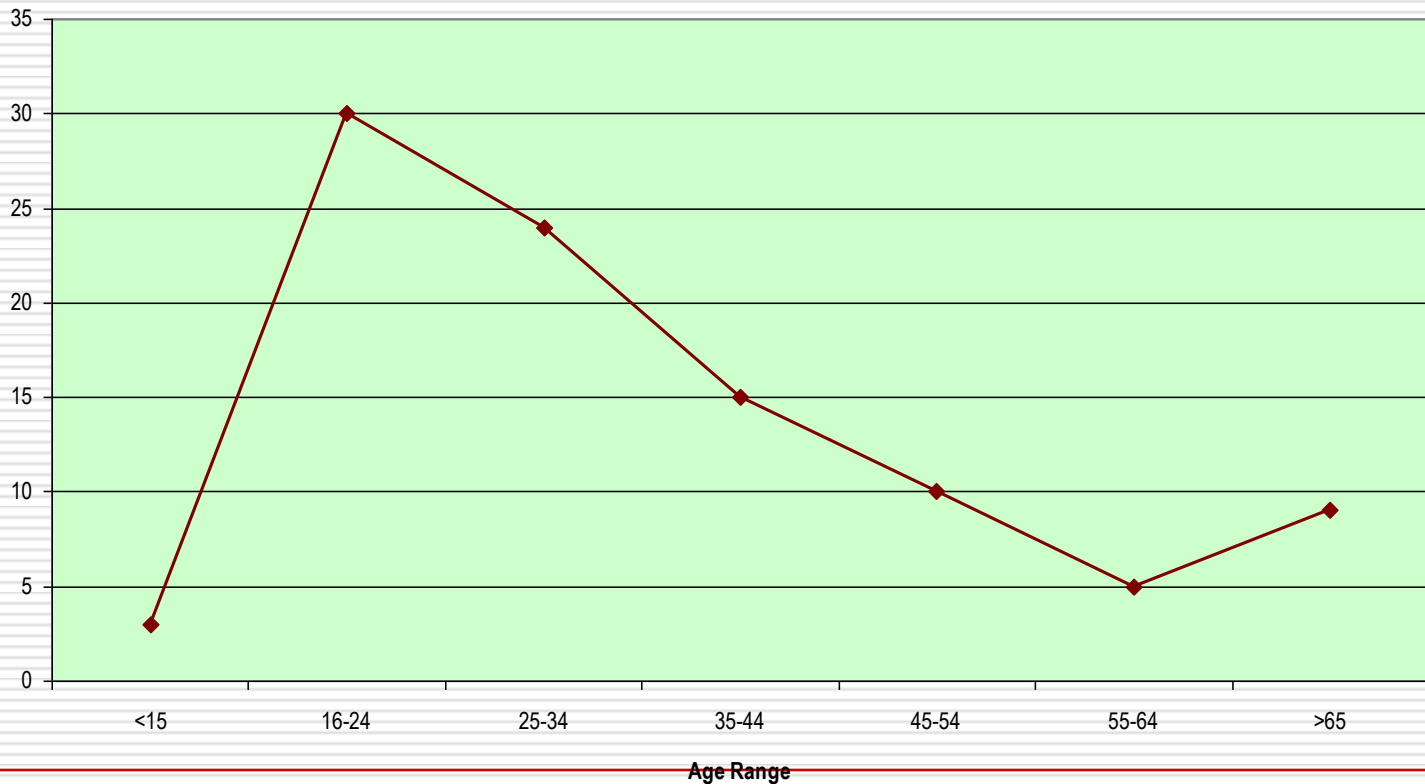
Global suicide rate (1950 – 1995)



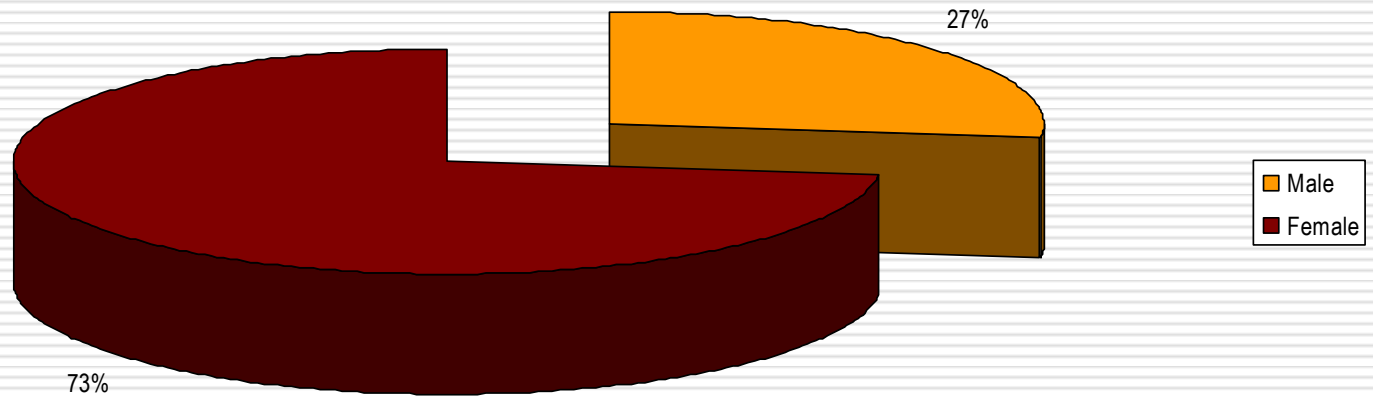
Suicide rate in Sri Lanka (1950 – 1997)



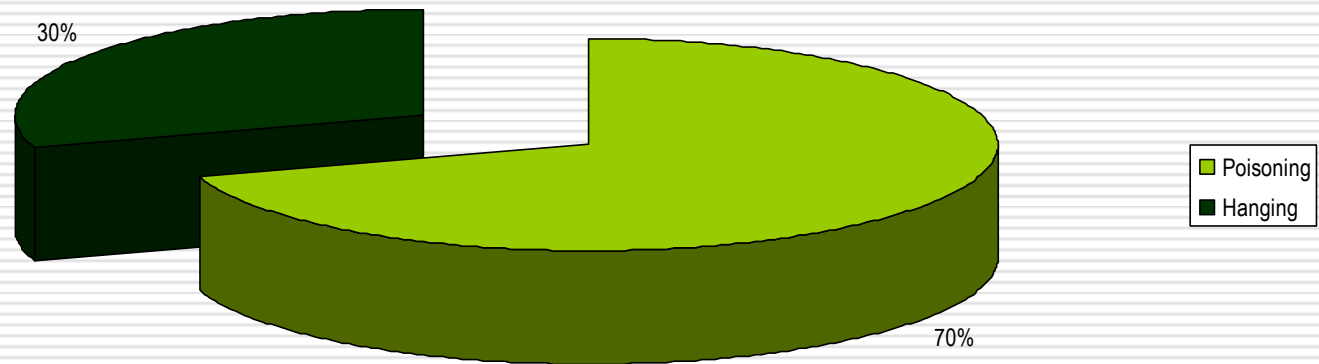
Suicide rate in different age groups in Sri Lanka



Gender difference



Mode of suicide – Sri Lanka



Facts & figures

Sri Lanka

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Common cause of death

Suicide rate

No. of suicides per year per 100,000 population

Suicide rate

Below 8 – low

8 – 16 -- medium

Over 16 – high

Suicide

Male / female difference

Male – 73%

Female – 27%

Method of suicide

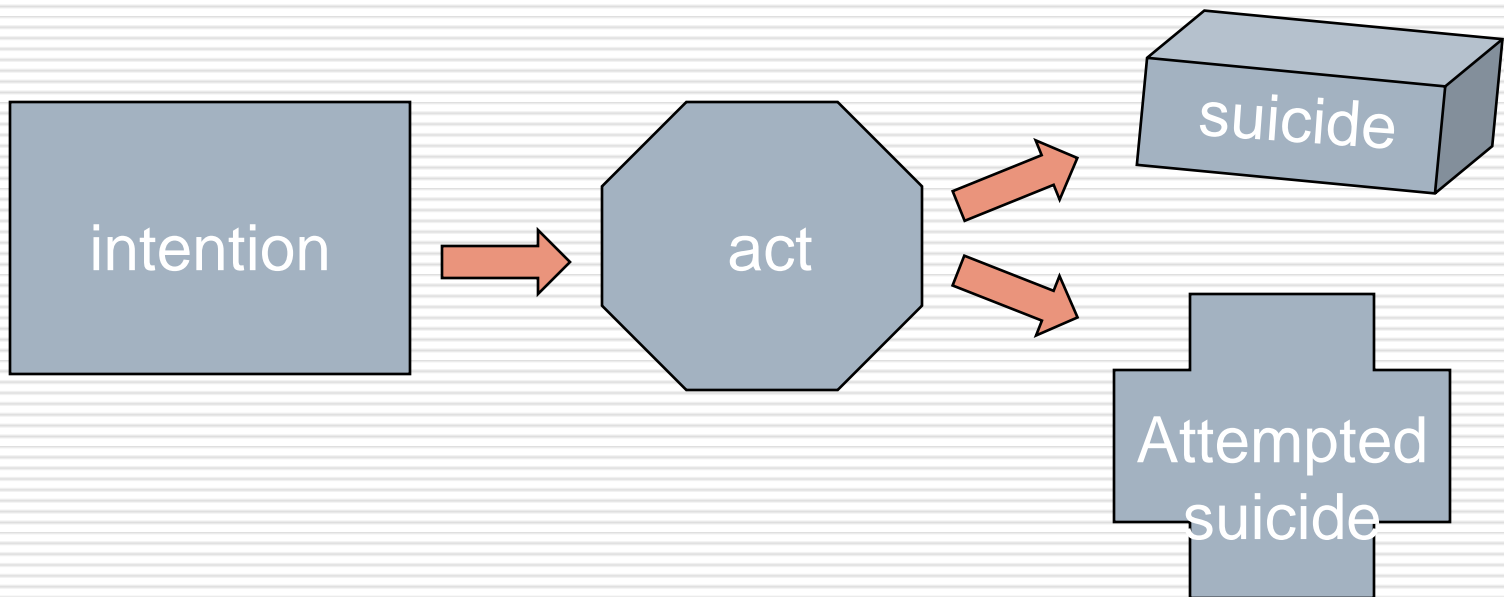
70% -- pesticide poisoning

30% -- other methods

Myths & misconceptions

- ❑ “it can not happen to me”
 - ❑ “those who speak do not commit suicide”
 - ❑ All who commit suicide are mentally ill
 - ❑ Inquiring about suicide will encourage suicide
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Suicide Process

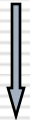


Suicide process

Intention



Act



Out come

Suicide

Attempted suicide

Reasons for suicide

Social

- Old age
- Social isolation
- Lack of social cohesion
- Media publicity

Health

- Depression
 - Alcohol dependence
 - Schizophrenia
 - Personality disorder
-

Suicidal behaviour

Mental disorders (50%)

Mixed group (40%)

Hopelessness (10%)

Mental disorders

- Depression
 - Schizophrenia
 - Alcohol dependence
 - Personality disorder
-

Mixed group

Intention not to die

- Attention seeking
 - Manipulative
 - Reaction to stress
-

Hopelessness

- Abject poverty
 - Social isolation
 - Miserable life conditions
-

What can be done

assessment of suicide risk

- Find out about the intention
 - Previous suicide attempts
 - Is the person mentally ill?
 - Other risk factors
-

Assessment of suicidal intention

- Planning before
 - precautions to avoid detection
 - Availability of help
 - Lethal methods
 - Last acts
-

Helping high risk groups

- Prevent suicide attempts
 - Treat any mental illness
 - Give hope
 - Problem solving
-

Helping persons who attempted suicide

- Does he still wish to die?
 - Solving current problems
 - Treating mental illness
 - Identifying person's resources
-

Suicide prevention

Limiting use of pesticide

- Restriction of sale
 - Promoting biological control
-

Suicide prevention

Minimizing the harmful effects

- dilute solutions
 - Powder & crystals
 - Adding an emetic
 - Safe storage
-

Suicide prevention

Develop treatment services

- Training of staff
 - Supply of material
-

Suicide prevention

Change of attitudes

- Sinful act
 - Not to blame the living
 - Useless act
-

Suicide prevention

Role of the media

- Highlight the usefulness of life
 - Not to give heroic status
 - Analyze the problems deeply
-

Suicide prevention

Mental health promotion

- Life skills training
 - Detection & treatment of mental illness
 - Providing counseling facilities
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