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Suicidal Behaviour And Prevention Strategies

Ms. Agnes monica
Corresponding Author: Ms. Agnes monica

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I. Introduction

Suicide is considered as one of the Psychiatric emergencies and the second leading cause of deathfor people aged 15 to 34 which is a thoughtful public health problem around the world.Men are nearly four times more likely than women to take their lives which can be preventable. Knowing the risk factors and recognizing the warning signs forsuicide can help to reduce the suicide rate (APA, 2016).A number of people have fleeting thoughts of death. Transitory thoughts of death are a smaller amount of a delinquent and are much dissimilar from vigorouslyscheduling to try suicide. The risk is increased when thinking about death and killing yourself often, or if you have made a suicide plan. Most people who extremely consider this do not want to die. Rather, they see it as a solution to a problem and a way to end their pain. Individuals who utterly consider suicide feel hopeless, helpless, and worthless. Anyone who feels hopeless believes that no one can help with a particular event or problem. Anindividual who texturesabandoned is powerless and incapable to take steps to elucidatedifficulties. Somebody who feels worthless is overwhelmed with a sense of personal failure.

Suicide is one of the precedence conditions in the WHO Mental Health Gap Action Programme (mhGAP) propelled in 2008, which delivers evidence-based technical guidance to scale up service provision and care in countries for mental, neurological and substance use disorders. In the *WHO Mental Health Action Plan 2013–2020*, WHO Member States have committed themselves to working towards the global target of reducing the suicide rate in countries by 10% by 2020 (WHO 2017). According to National Institute of Mental Health (2016),

Suicide is a major public health concern. Based on recent nationwide surveys, suicide in some populations is on the rise. **Suicide** is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior. A **suicide effort** is a non-fatal, self-directed, hypotheticallydistressing behavior with determined to die as a consequence of the behavior. A suicide attempt might not result in injury. **Suicidal ideation** refers to thinking about, considering, or planning suicide.

People who have unhappyopinions may not seek assistancesince they sense they cannot be aided. This usually is not the case. Many people with these thoughts have medical conditions that can be successfully treated. Publics who have these thoughts often have depression or substance abuse, and both of these conditions can be treated. It is essential to seek help when these thoughts occur because medical treatment usually is successful in diminishing these thoughts.The possibility of these is most serious when a person has a plan for suicide that includes:Having the means, such as weapons or medicines, available to try suicide or ensuredetriment to alternativeindividual; Taking set a period and dwelling to attempt suicide; Rationally there is no additional way to resolve the problem or end the pain; Out of people who are considering it often are undecided about choosing life or death.

II. Suicide Data

According to the recent WHO report (2017) data Close to 800,000 people die due to suicide every year, which is one person every 40 seconds. Many more attempt suicide. Suicide occurs throughout the lifespan and is the second leading cause of death among 15-29 year olds globally. Every year close to 800 000 people take their own life, and there are much more people who attempt suicide. Every recklessness is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. This occurred throughout the lifespan and was the second leading cause of death among 15–29 year olds globally in 2015.Perversity does not just occur in high-income countries, but is a global phenomenon in all regions of the world. Actually, above 78% of worldwide suicides happened in low- and middle-wagesnations in 2015.Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions. For national responses to be real, a comprehensive multisectoral suicide prevention strategy is needed.Among females, the suicide rate was highest for those aged 45-64 (9.8 per 100,000).Among males, the suicide rate was highest for those aged 75 and over (38.8 per 100,000).

III. Methods Of Suicide

The aforementioned is anticipated that everywhere 30% of universal suicides are due to insecticide self-poisoning, greatest of which happen in rural farming areas in low- and middle-income countries. Other common methods of suicide are hanging and firearms.Responsiveness of the most frequently used suicide methods is significant to developanticipationpolicies which have shown to be effective, such as restriction of access to means of suicide.

Risk Factors, Warning Signs and Protective Factors

Suicide is linked to mental disorders, particularly depression and alcohol use disorders, and the strongest risk factor is a previous suicide attempt.
Threat factors are features that mark it furtherprobable that asingle will reflect, try or expire by the same. Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex and there is no single cause. In fact, many different factors contribute to someone making a suicide attempt. But people most at risk tend to share certain characteristics

Some of the **Risk Factors** for Suicide like certain events and circumstances may increase risk as follows:

- Previous suicide attempt(s)
- A history of suicide in the family
- Substance misuse
- Mood disorders (depression, bipolar disorder)
- Access to lethal means (e.g., keeping firearms in the home)
- Losses and other events (for example, the breakup of a relationship or a death, academic failures, legal difficulties, financial difficulties, bullying)
- History of trauma or abuse
- Chronic physical illness, including chronic pain
- Having recently been released from prison or jail
- Being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities
- Many people have some of these risk factors but do not attempt suicide. It is important to note that suicide is not a normal response to stress**.** Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored.
- The **warning signs** of suicide change with age. Cautioningsymbols of suicide in broods and youths may consist ofanxiety with demise or recklessness or a recent fragmentation of a bond.Warning signs of suicide in adults may include alcohol or substance abuse, recent job loss, or divorce.Threateningcyphers of suicide in elder adults may take account of the currentbereavement of a companion or analysis of a life-limiting sickness.
- Some of the **Warning signs** indicate an immediate risk of suicide like
- Often talking or writing about death, dying, or suicide
- Making comments about being hopeless, helpless or worthless
- Expressions of having no reason for living; no sense of purpose in life; saying things like "It would be better if I wasn't here" or "I want out"
- Increased alcohol and/or drug misuse
- Withdrawal from friends, family and community
- Reckless behavior or more risky activities, seemingly without thinking
- Talking about feeling trapped or being a burden to others
- Amongfew cases, an instant stressor or unexpecteddisastrousoccasion, disappointment or disgracesimilar a relationship break-up, legal problems, financial problems (e.g., home foreclosure or job loss) can leave people feeling desperate, unable to see a way out, and become a "tipping point" toward suicide.
- Acting anxious or agitated
- Changing eating and/or sleeping habits
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will
- If somebodyspecifies they are seeing suicide, pay attention and yield their anxietiesextremely. Don't remainfrightened to enquirequeries about their diplomacies. Let them know you care, and they are not alone. Frequently, domestic and networks are the first to distinguish the cautioningsymbols of suicide and can be the first step in the direction ofaiding an at-risk individual find treatment with someone who

specializes in diagnosing and treating mental health conditions. Encourage them to seek help immediately from a knowledgeable professional. Don’t leave them alone.

Protectingaspects are features that mark it not as much ofprobable that persons will reflect, attempt or perish by suicide and some of them are:

- Active mental health care; easy access to a variety of clinical interventions
- Strong connections to individuals, family, community and social institutions
- Problem-solving and conflict resolution skills
- Contacts with providers (e.g., follow-up phone call from health care professional)
- As with mental illness, one of the biggest barriers to preventing suicide is stigma, which prevents many people from seeking help.

IV. Prevention And Control

Suicides are preventable. Here are approximatelyprocesses that can be taken at people, sub-population and single levels to preclude suicide and suicide attempts.

These include:reducing access to the means of suicide (e.g. pesticides, firearms, certain medications);reporting by media in a responsible way;introducing alcohol policies to reduce the harmful use of alcohol;early identification, treatment and care of people with mental and constituentpractice disorders, long-lasting pain and criticalexpressiveanguish;exercise of non-generalized health workers in the valuation and organization of suicidal behavior;follow-up care for people who attempted suicide and provision of community support.

Suicide is a complex issue, and therefore suicide prevention efforts require coordination and collaboration among multiple sectors of society, including the health sector and other sectors such as education, labor, agriculture, business, justice, law, defense, politics, and the media. These efforts must be comprehensive and integrated as no single approach alone can make an impact on an issue as complex as suicide.

V. Challenges and Obstacles

Humiliation, particularly adjacent mental illnesses and recklessness, means countless people were thoughtful of captivating their privatelifetime or who have tried suicide are not in the hunt for help and are therefore not getting the help they need. The prevention of suicide has not been adequately addressed due to a lack of awareness of suicide as a major public health problem and the taboo in many societies to openly discuss it. Up to the present time, merely a limited countries have comprisedrecklessnessdeterrenceamongst their fitnesssignificances, and simply 28 countries account having a national suicide prevention approach.Levitation community awareness and breaking down the taboo is important for countries to make progress in preventing suicide.

VI. Data Quality

Globally, the availability and quality of data on suicide and suicide attempts are poor. Only 60 Member States have good-quality vital registration data that can be used directly to estimate suicide rates. This problematicunderprivilegedeminencedeath data is not exceptional to suicide, neverthelessassumed the compassion of suicide and the unlawfulness of suicidal behavior in some countries it is likely that under-reporting and misclassification are greater problems for suicide than for most other causes of death.

Improved surveillance and monitoring of suicide and suicide attempts are required for operative prevention strategies. Cross nationwidealterations in the designs of suicide, and fluctuations in the rates, features, and approaches of suicide highlight the need for each country to improve the comprehensiveness, quality and timeliness of their suicide-related data. This includes vital registration of suicide, hospital-based registries of suicide attempts and nationally representative surveys collecting information about self-reported suicide attempts (WHO, 2017).

Most people who really consider or attempt suicide have one or more of the following risks:A personal or family history of suicide attempts, a family history of suicide attempts or completed suicide, aindividual or domesticaccount of severe anxiety, depression, or additional mental condition problem, such as bipolar disorder (manic-depressive illness) or schizophrenia, and an alcohol or drug problem (substance abuse problem), such as alcoholism. Anytime somebodydebatesaroundit or almostnot good enough to expire or vanish, even in a flippantway, the discussion must be taken earnestly. A suicide attempt-even if the attempt did not harm the person also must be taken extremely. Don't be afraid to talk to someone you think may be considering suicide. There is no proof that talking about it leads to suicidal thinking or suicide. Once we know the person's thoughts on the subject, we may be able to prevent an act.

VII. Intervention strategies

Action Steps for Helping Someone in Emotional Pain.

1. **Ask:** "Are you thinking about killing yourself?" The aforementionedis not an easy query but lessonsdisplay that asking at-risk individuals if they are desperate does not increase suicides or suicidal thoughts.
2. **Keep them safe:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. Although this is not at all times easy, requesting if the at-risk person has anidea and removing or disabling the lethal means can make a difference.
3. **Be there:** Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
4. **Support them associate:** Protectand save the National Suicide Prevention Lifeline's number in phone. Also, we can help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **Remainlinked:** Remain in touch after a predicament or afterwards being cleared from care can brand a change. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

VIII. Treatments And Therapies

Exploration towards the treatment has revealed that there are numerousjeopardyissues for suicide and that these dynamics may differ with age, gender, physical and mental well-being, and with individual experiences. Treatments and therapies for people with suicidal thoughts or actions will vary as well. National institute of Mental health has engrossed research on policies that have functionedhealthy for mental health circumstancesconnected to recklessness such as depression and anxiety.

IX. Psychotherapies

Multiple types of psychosocial interventions have been found to be beneficial for individuals who have attempted suicide. These types of interventions may prevent someone from making another attempt. Psychoanalysis, or "talk therapy," is one kind of psychosocial interference and can efficientlydecrease suicide hazard.One type of psychotherapy is called cognitive behavioral therapy (CBT). It can benefit people acquire new ways of allocating with stressful practicesover and done with training. It also comfortspersonsbe familiar with their private thought configurations and ponderunconventional actions when thoughts of suicide arise.

Another type of psychotherapy, called dialectical behavior therapy (DBT), has been shown to reduce the rate of suicide among people with borderline personality disorder, a serious mental illness characterized by unstable moods, relationships, self-image, and behavior. A therapist trained in DBT helps a person recognize when his or her feelings or actions are disruptive or unhealthy, and teaches the skills needed to deal better with upsetting situations.

X. Pharmacological Management

Some individuals at risk for suicide might benefit from medication. Doctors and patients can work together to find the best medication or medication combination, as well as the right dose.Clozapine, is an antipsychotic medication used primarily to treat individuals with schizophrenia. However, it is the only medication for reducing the risk of recurrent suicidal behavior in patients with schizophrenia or schizoaffective disorder who are at risk for ongoing suicidal behavior. For the reason thatnumerousentities at hazard for suicide frequently have psychiatric and constituenthabit problems, those might profit from prescription along with psychosocial interference.

If anyone prescribed with a medication, be sure:Talk with doctor or a pharmacist to make sure to understand the risks and benefits of the medications they are taking.Do not stop taking a medication without talking to doctor first. Suddenly stopping a medication may lead to "rebound" or worsening of symptoms. Other uncomfortable or potentially dangerous withdrawal effects also are possible.Report any concerns about side effects to doctor right away. They may need a change in the dose or a different medication.Other medications have been used to treat suicidal thoughts and behaviors, but more research is needed to show the benefit of these options.

XI. Ongoing Research

In the direction ofidentify who furthermost at possibility is and to thwart suicide, scientists need to comprehend the part of long-term issues (such as childhood experiences) as well as more prompt factors like mental health and recent life events. Researchers also are looking at how genes can either increase risk or make someone more resilient to lose and hardships.

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