



Suicide is the second leading cause of death globally between the ages of 19 to 25. Every 40 seconds, one person commits suicide. and many more people attempt suicide. That is almost 800 000 people a year around the world with over 75% of suicides occurring in low- and middle-income countries. The international community, through Sustainable Development Goal 3, has committed itself to reducing suicide death rates by 2030. WHO launched LIVE LIFE to support countries in developing and implementing their national suicide prevention strategies. Use this World Suicide Prevention Day and WHO resources to create hope through action and raise awareness about suicide and suicide prevention.

Common signs and symptoms of suicide – how to spot someone at risk

Warning signs of suicide include:

talking or writing about death or killing oneself;

withdrawing from usual relationships or social activities;

looking depressed and showing feelings of being trapped and hopeless;

showing signs of extreme guilt and self-reproach, and that their life is not worth living;

gathering the means of suicide, for example stocking up on pills or buying a gun;

doing self-destructive things like driving recklessly or giving away belongings without a logical reason; and

saying goodbye to family and friends as if they are not going to see them any more.

What causes suicide?

Suicide may follow a series of thoughts or may be completely impulsive. Having access to dangerous means such as pesticide pills or guns increases the risk of someone hurting or killing themselves. Common causes of suicide include:

mental disorders, particularly depression and alcohol or substance abuse;

personal crisis: a person facing a serious personal problem may feel unable to cope and in a desperate moment may feel suicide is the only way to deal with a condition; such life stresses may be anything from financial problems, a relationship break-up, or losing a job to unemployment, chronic pain and illness;

experiencing constant isolation, prejudice and discrimination; examples of people at risk include refugees and migrants, indigenous people, lesbian, gay, bisexual, transgender, intersex (LGBTI) people, asylum seekers and prisoners;

experiencing physical, emotional or sexual abuse or being bullied, during childhood or currently;

genetic links: people who complete suicide or who have suicidal thoughts or behaviour are more likely to have a family history of suicide;

experiencing chronic pain, physical disorders and disabilities.

By far the strongest risk factor for suicide is a previous suicide attempt.

Preventing and treating suicidal behaviour

Treatment depends on the cause of the problem, but in any case, talking to someone and asking for help is the first step.

Make the patient's environment safe: remove means for suicide, for example pesticides, medication and firearms.

Mobilize the patient's social support network: inform their family members, friends, or anyone who cares for them about the situation, to maintain care and support for as long as the risk exists.

If there is a serious threat, the doctor may ask for hospitalization to prevent serious harm or a fatal act.

There are different psychotherapy and psycho-education approaches to help if someone has repeated suicidal thoughts: cognitive behavioural therapy, training in problem-solving skills, family therapy and education.

Medicines can help with treatment of depression, anxiety or sometimes to control impulsive behaviour.

How can you help yourself?

Ask for help from your doctor, a trusted friend or family member.

Recognize situations and feelings that make you feel compelled to harm yourself. Plan ways to avoid them, and share your plan with people who can help.

Take your medicines regularly.

Take care of yourself by eating healthily, sleep regularly and avoiding alcohol and recreational drugs.

Get involved with others: spend time with friends and love ones.

Take part in self-help groups: they are a good source of support.

If you have injuries due to self-harm, ask for help for in treating wounds or any medical problem caused by it.

Avoid websites and social media forums that glorify self-harm or suicide.

Try to talk about your emotions and express them through words, not through acts.

How can you help someone with suicidal thoughts?

Thoughts of suicide or a suicide attempt constitute an emergency. If you see warning signs and a significant change in behaviour, get help as soon as possible. If the person has been under treatment for a mental disorder, contact their doctor. Otherwise, call a helpline or make an urgent appointment with a doctor or counsellor as soon as possible. If the person has talked to you about suicide, do not leave them alone; ask for help from other family members or friends, and do not promise the person you will keep their situation secret because you cannot.

If you are concerned that someone has suicidal thoughts, you can ask them directly. It is a myth

that if you ask someone about suicide, you are putting the idea in their head.

If you see someone posting about death and suicide in social media, take it seriously and ask for help.

Videos

[Create hope through action](#)

[Arabic](#)

[Preventing suicide at work: information for employers, managers and employees](#)

[Arabic](#) | [French](#)

[Preventing suicide: information for health workers](#)

[Arabic](#) | [French](#)

[Preventing suicide: information for emergency responders](#)

[Arabic](#) | [French](#)

[Preventing suicide : information for teachers](#)

[Arabic](#) | [French](#)

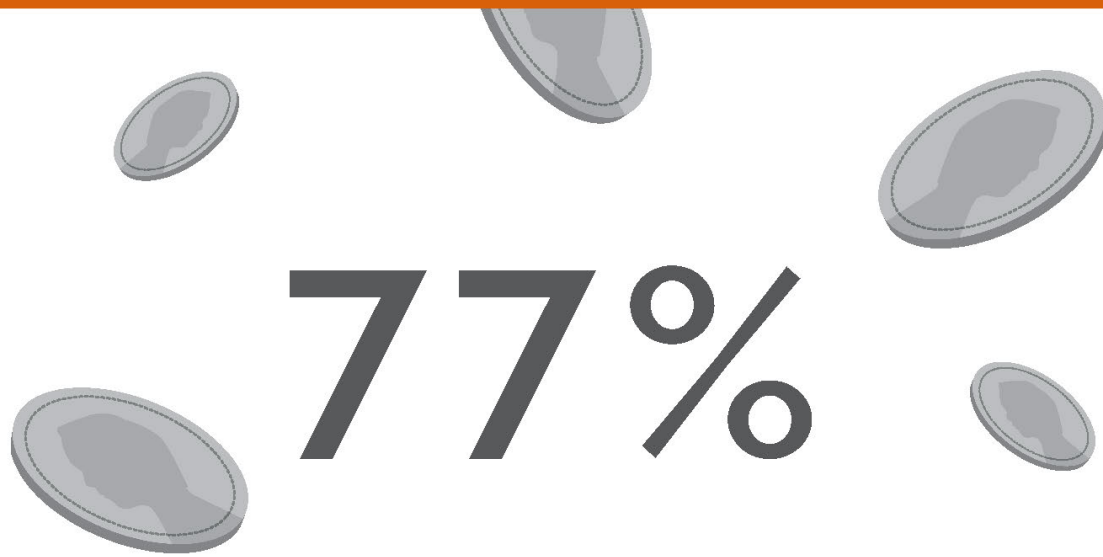
Social cards

1 IN 100
DEATHS ARE BY
SUICIDE

LIVE LIFE

 **World Health Organization**

[Globally, 1 in 100 deaths are by suicide](#)



77%

of suicides
occur in low- and
middle-income countries

LIVE LIFE



**World Health
Organization**

[77% of suicides occur in low - and middle - income countries](#)

The global suicide rate
decreased from

2000-2019



but acceleration
needed to meet
2030 global target



LIVE LIFE
GUIDE ON SUICIDE PREVENTION



World Health
Organization

[The global suicide decreases from 2000 to 2019](#)



Only

38

countries report having
a national suicide
prevention strategy

LIVE LIFE



World Health
Organization

[Only 38 countries report having a national suicide prevention strategy](#)

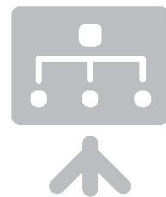
The **LIVE LIFE** approach to suicide prevention:



limiting access to means of suicide



interacting with the media for responsible reporting



fostering socio-emotional life skills in adolescents



early identification, assessment, management and follow-up of people affected

LIVE LIFE



World Health Organization

[LIVE LIFE approach to suicide prevention](#)
Related links

[Factsheet on suicide \(global\)](#)

[Factsheet on suicide and self-harm \(regional\)](#)

[LIVE LIFE: An implementation guide for suicide prevention in countries](#)

[Mental health and psychosocial support platform](#)

[Suicide prevention](#)

[Suicide worldwide in 2019: Global Health Estimates](#)

[World Suicide Prevention Day 2021: Creating hope through action](#)

Sunday 28th of April 2024 05:55:48 PM