



## Suicide – Causes and Prevention

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### Abstract:

“Suicide is escaping from the Reality.” Suicide is the permanent cessation of life. That is the person is killing himself by self harm. Most of the time thought or a situation the person decide that they do not want to continue life, uses some of the methods to induce in the same. A person who is not having the strong mental capacity attempt for suicide and that is the escapism from the life. It is our duty to divert the person from the instinct and revert back to life. The term “Suicide” is derived from the Latin word “Suicidium” means “to kill oneself”. Sir Thomas Browne was the first person who used the term suicide in his “Religio Medici” in 1642. Suicide is an act of self killing, self destruction or self murder. Suicide is 2nd leading cause of death in young generation. The CDC reported that suicide is the 3rd leading cause of death among 15-24 year olds in the United States. Since past few decades this evil is increasing rapidly in all over world. Every year more than one million people kill themselves globally. Every year 1100 college students commit suicides and 50% report suicidal ideation at some time in their life. The main factors of suicide among students are academic stress, depression, hopelessness, sexual abuse. There are different techniques used to prevent suicide. This is beneficial according to each person's constitution or thought process, how to consider the importance of life, we have to make person understand about the instance that provoked him for



suicide and all those things affected to his family or some persons we can explain the pain he has to undergo while committing suicide etc. According to my experience behavioral therapy is more useful for the person who is in the physical realm of thinking. In my presentation I am going to explain about the methods we can use in a person who is thinking of suicide and revert him back to him. This method is every practical and time tested.

### Biography:

Pratiksha Rajani is working as a psychotherapist and counsellor professional in India.

[Webinar on Mental Health and Suicidal Risk; Frankfurt, Germany; December 02, 2020](#)

**Citation:** Pratiksha Rajani; Suicide – Causes and Prevention; Webinar on Suicidal Risk; Frankfurt, Germany; December 02, 2020