

## **Youth Suicide: Understanding Risk Factors**

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### **Short Communication**

#### **Abstract**

Suicide is the act of causing one's own death. It is an act of deliberate self-harming or injuring self, intending to end one's own life. Suicide is one of the leading causes of mortality in developing as well as developed countries. Worldwide, suicide rates have increased by 60% over the last half century. For every suicide that occurs, there are around 20 or more suicide attempts. According to World Health Organisation (2019), suicide is the 2nd leading cause of death among youths worldwide, aged 15-29. More girls attempt suicide but more boys succeed, as most often they choose guns or violent methods while girls tend to do overdose, which is more treatable. Suicide is the 2nd and 3rd leading cause of death among female and male youths respectively. Suicide is a complex phenomenon that is observable, at varying rates, in every nation around the world. Majority of persons who commit suicide do have a mental disorder, however, most of the people with mental disorders do not commit suicide. The risk factors for suicide which cut across all diagnostic categories are previous suicide attempt, family history of suicide and/or mental illness, increased hopelessness and recent stressful life events. However, there are some warning signs through which we can read the mind of the person who has suicidal ideation. The psychological and social impact of suicide on the family and society is immeasurable. On average, single suicide intimately affects at least six other people. If a suicide occurs in a school or workplace it has an impact on hundreds of people. Therefore, it is very important to understand what causes suicide, how to diagnose a suicidal person and most importantly how we can prevent this devastating problem. Hence, the present paper attempts to explore the underlying factors behind suicide and the possible ways to help a person with suicidal ideation to prevent his /her future suicide attempts.

#### **Biography**

Anjana Bhattacharjee is working at Tripura University, India.

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