

## How can young people commit suicide?

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Recently, the research conducted by International journal of mental health system in Rwanda concluded that as a consequence of the genocide, rates of mental disorders are elevated in Rwanda. In community samples rates for PTSD range from 24.8% to 46.4% , for depression rates ranged from 15.5% to 46.4% and add rate of up to 58.9% is for anxiety (International journal of mental health system, Article number: 37 (2014)). After the publication of different research findings about mental health problems, the Government of Rwanda noted issue of delinquency. And research made shows that the risk factors related to delinquency were compounded by drugs abuse, poverty, dysfunctional family, violence by most frequently young people are mainly at risk not because they may turn to substance abuse, street living and a petty crimes as a way of dealing with the difficulties they face but also because they are ambitious and are in danger of being exploited. (Rwanda National Rehabilitation service report, on 18<sup>th</sup> Feb, 2018) as response against delinquency the Government of Rwanda established National Rehabilitation centre like I Wawa, mental health settings such as Ndera to address this problem of delinquency. Unfortunately, the establishment of National Rehabilitation centre failed to address problem of delinquency and rehabilitation of social well-being of people because drugs abuse, poverty are not the root cause, but are the symptoms of depression. Rwanda mental heal survey found that Post-Trauma Stress Disorder is more prevalent among genocide survivors compared to the general population (27.9% vs. 3.6%). The research also shows that depression among general population is 11.9% and at least one of five Rwandans have a mental health condition; mental disorders among youth aged 14-18 years old are 10.2%. Rwanda mental health journal published on 06<sup>th</sup> April 2021.

**Importance of Research:** The research will be aiming at investigating why a young people decided to intentionally causing his/her own death and psychological approaches for prevention.

**Conclusion:** However the establishment of National Rehabilitation centre and mental health setting was in line with addressing problem of delinquency and rehabilitation of social well-being of the general population, the current researches indicate that depression and anxiety is critical increasing in entire community of Rwandans and it is reaching at a critical point where young people as future general decided to intentionally causes his/her own death. This research will be aiming at investigating why a young people decided to intentionally causing his/her own death and psychological approaches for prevention.

39<sup>th</sup> International Conference on  
**Psychiatry & Psychosomatic Medicine**

12<sup>th</sup> International Conference on  
**Psychiatry, Psychology & Brain Studies**

9<sup>th</sup> International Conference on Depression  
**Anxiety and Stress Management**

31<sup>st</sup> International Conference on Insights in Ophthalmology

32<sup>nd</sup> International Conference on Pediatrics & Primary Care

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**WEBINAR**

### References:

1. International journal of mental health system, Article number: 37 (2014).
2. Rwanda National Rehabilitation service report, on 18<sup>th</sup> Feb, 2018.
3. Mental health journal published on 06<sup>th</sup> April 2021.

### Biography

Enathe Uwoturikumwe, Bachelor Holder University of Rwanda, School of Medicine and Pharmacy from 2015 to 2019, Licenced Professional Counsellor and Registered Clinical Psychologist. A Clinical Psychologist at Strive Foundation Rwanda a Non-Governmental Organisation that Empower People to Help them-selves in Rwanda from 2020 up to date.

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