



## This Not Only Results in a Direct Loss of Many Young Lives, but Also has Disruptive Psychosocial and Adverse Socio-Economic Effects: Suicide

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### Description

Suicide is a severe public health issue, but it can be avoided with timely, evidence-based, and frequently low-cost treatments. A comprehensive multispectral suicide prevention strategy is required for effective national responses. While the link between suicide and mental disorders (particularly depression and alcoholism) is well established in high-income countries, many suicides occur impulsively in times of crisis, as a result of a breakdown in one's ability to cope with life stresses such as financial difficulties, relationship breakups, or chronic pain and illness. Suicidal behavior is also closely linked to conflict, tragedy, violence, abuse, or loss, as well as a sense of solitude. Suicide rates are also high among discriminated-against groups, such as refugees and migrants, indigenous peoples, lesbian, homosexual, bisexual, transgender, and intersex (LGBTI) people, and convicts. A previous suicide attempt is by far the most powerful risk factor for suicide. Every year, 703 000 people devote suicide, with many greater trying to devote suicide. Every suicide is a tragedy that affects complete families, towns, and countries, in addition to the folks that are left behind [1]. Suicide beneath the age of five is tough to find. Most literature (consisting of this mini review) on adolescents suicide refers to school-age children (7–12 years) and adolescents (13–20 years). These younger human beings are with the aid of using nature liable to intellectual fitness problems, especially at some point of the years of adolescence.

This duration in lifestyles is characterized with the aid of using movement, adjustments and transitions from one country into another, in numerous domain names on the identical time. Young human beings ought to make choices approximately crucial concrete guidelines in lifestyles, as an example school, residing situation, peer organization etc. They have to additionally cope with new demanding situations in regards to constructing their very own identity, growing self-esteem, obtaining growing independence and responsibility, constructing new intimate relationships, etc. In the period in-between they may be concern to ongoing, converting mental and bodily strategies themselves. And except that they may be regularly faced with excessive expectations, on occasion too excessive, from great spouse and children and peers [2]. Such conditions necessarily initiate

a sure diploma of helplessness, insecurity, strain and a feel of dropping control. To cope with those demanding situations and efficaciously address those emotions, younger human beings have to have get entry to to great assisting sources including a strong residing situation, intimate friendships, a structural framework and financial sources [3].

### Risk Elements

Risk elements may be visible as elements that undermine this help or preclude get entry to to those sources, whilst shielding elements beef up and defend those sources, or function a buffer in opposition to chance elements. Suicide influences humans of every age and changed into the world's fourth largest purpose of mortality amongst 15-29 year-olds in 2019. Suicide is a international hassle that happens in all areas of the world, now no longer simply in high-profits countries. In fact, in 2019, low- and middle-profits international locations accounted for greater than seventy seven percentage of world suicides.

It is estimated that around 20% of global suicides are due to pesticide self-poisoning, most of which occur in rural agricultural areas in low- and middle-income countries [4]. Other common methods of suicide are hanging and firearms. Knowledge of the most commonly used suicide methods is important to devise prevention strategies that have shown to be effective, such as restriction of access to means of suicide. Suicides are preventable [5].

### Prevention

There are a number of measures that can be taken at population, sub-population and individual levels to prevent suicide and suicide attempts. LIVE LIFE, WHO's approach to suicide prevention, recommends the following key effective evidence-based interventions. Suicide prevention efforts require coordination and collaboration among multiple sectors of society, including the health sector and other sectors such as education, labour, agriculture, business, justice, law, defence, 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.

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