

# A Comprehensive Review on Suicide Management Intervention

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## Abstract

Suicide is one of the major causes of the death of people globally which takes the life of 80,0000 people yearly.<sup>1</sup> Indian tally of suicide was 139,123 in year 2019.<sup>2</sup> In India suicide rate is higher in the cities then rural areas. Largest cities like Chennai, Delhi, Bengaluru, Mumbai. Suicide rate in the students is the major concern of problem in India. Ever hourly one student perform suicide.<sup>3</sup>

**Keyword:** Management Intervention; Anxiety disorder; Economic effect.

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## Introduction

Suicide is one of the major causes of the death of people globally. Which takes the life of 80,0000 people every year.<sup>1</sup> Indian tally of suicide was 139,123 in year 2019 and the national suicide rate was 10.4 (calculated per lakh of population).<sup>3</sup> According to WHO suicide is leading to one of the major health problems in India.<sup>4</sup> Suicide rate increases from last 5 decades. In India suicide rates in 2019 increased by 3.4% in compare to 2018.<sup>6</sup> Suicide is common in the age groups 15-29 years.<sup>7</sup>

The higher suicide rate is recorded in the eastern and southern states of India.<sup>8</sup> Maharastra is the leading state in the death by suicide followed by Tamil Nadu, West Bengal, Madhya Pradesh and Karnataka.<sup>9</sup> The highest of ratio of suicide is in male compared to the female 70.2:29.8.<sup>10</sup> Death by suicide in India has been shown more in largest cities like Chennai, Delhi, Bengaluru, Mumbai. The suicide rate was highest in the city like Kollam

and Asansol. Major problem was in these cities was family problems (other than marriage related problems).<sup>11</sup>

## Definition

Performs of self-harm or dangerous behaviour (chronic drug or alcohol abuse) which result to death.<sup>12</sup>

## Suicide Risk Factor

The idea of suicide in the depression have to take seriously. The risk of idea of suicide in depressed patient is high but the presence of some factors enhances the chance of suicide.

## Factors including

- Presence of marked hopelessness
- Male age >40 un married, divorced / widowed
- Early stages of depression

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- Recovering from depression<sup>13</sup>
- Away from the society
- Due to economic effect
- Long term disease
- Unpleasant home environment
- Easy reach of suicidal things (medicine, pesticides)
- Past suicidal history.<sup>14</sup>

### Methods of Suicide

According to WHO, 20% of globally suicide are takes place due to the pesticide self-poisoning, which higher rates in the rural agricultural areas in developing countries. Other methods of suicide which is common is by hanging and fire-arms.

### Warning Signs of Suicide

- Continue thinking to self-harm.
- Finding new way to harm self
- Felling worthless in the society
- Thinking about revenge
- Not taking enough sleep or taking more sleep
- Showing high mood swings.<sup>17</sup>
- What to do?
- Never let the person to stay alone
- Remove the suicidal things (pesticides, drug etc)
- Provide mental support to the person.<sup>18</sup>

### Recommendations

#### *Avoid*

- Sharing the information about location and way to suicide.
- Providing information about who died.
- Share exciting about suicide
- Giving the idea about suicide notes.

#### *Instead*

- Provide information about the warning signs and risk factors of suicide.
- Don't disclose the information about location etc say the death as suicide.
- Don't print article on the first page.<sup>14</sup>

### Management

- Suicide can be managed based on patient risk factors. Medical help is prescribed in some cases of suicidal thoughts and acts. The

most common suicide prevention ways are psychotherapy also known as talk therapy in the form of cognitive behavioural therapy (CBT) or Dialectical therapy (DBT)

- Cognitive behavioural therapy is the most common ways of management in mental disorders. In these ways to overcoming and managing from the stress and stressful life experience are taught.
- Dialectical behavioural therapy is the therapy in which people is helped to recognize the normal and abnormal feelings or actions.
- Medication is also prescribed to overcome this situation like antidepressants etc.<sup>16</sup>

### Interventions

- Suicide intervention is a measure taken to prevent a person from self-harming.
- Tell the client to share the information about his/her life journey.
- Find the risk for the emotional component (fear, rejection, peace, acceptance) of the client.
- Examine the client for any disorders (anxiety disorder, depressive disorder).
- Share the crisis card with emergency help numbers to the client which is available 24x7.
- Suggest client to what to do and what to not while feeling thoughts of suicide.
- Provide a safe environment to the client by keeping away the things which helps the client in the self-harm.
- Provide hospitalisation to the client when he/she is not in self-control.
- Provide the medical treatment to the client when it is needed.
- Examine the client for any adverse effects, side effects and complications of the drugs which is prescribed by the physician.
- Help the client to say his/her emotion related to idea of suicide.
- Arrange family therapy session to enhance the client feelings of sadness, hurt and anger.
- Assist the client for normal eating and enough time to sleep.
- Try to communicate more about the positive task of he/she has done in his/her life then negative.
- Help in the client to learn new-new things which provide joy in his/her life.
- Provide a spiritual session for the client.

- Meditation, yoga should be practiced by the client.<sup>18</sup>

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