

# Breaking the silence on suicide

Suicide is a difficult issue to talk about.

It is treated with either silence or a catastrophic reaction.

Talking about suicide openly does not result in more suicides but is a key step in preventing it.

What does the data tell us? (NCRB-2020):



In 2020, India reported the highest ever suicide rates (1.53 lakh deaths/ 11.3 suicides per 1,00,000 people).



Suicide is a leading cause of death in 15-29-year-olds in India.



Suicide Prevention is a major issue for India, and we need to therefore mainstream the conversation.

Some things to keep in mind when talking about suicide are:



Situate the problems in social structures such as gender, caste, sexuality, etc and not individual concerns like personality, diagnosis of depression, etc.



Highlight the role different stakeholders such as survivors of suicide and suicide loss, community members, mental health professionals, healthcare professionals, and policymakers.



Frame it as a public health issue to be addressed by governments, health systems, non-profit organizations, and civil society.



Speak about the benefits of using psychosocial approaches such as offering counselling support while enabling access to social benefits such as employment, health services, education, etc.

