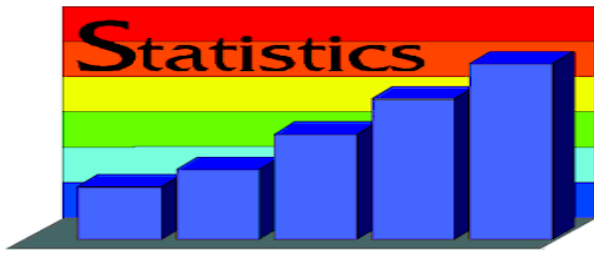


“To live is the  
rarest thing  
in the world.  
Most people  
just exist.”

Oscar Wilde



# The Number Game

- Suicide is one of the top three causes of death among youth worldwide.
- About 2.5 lakh people die of suicide in India every year.
- More adolescents die of suicide than AIDS, cancer, heart disease, obesity, birth defects and lung disease.
- 2 of every 3 people who commit suicide are depressed at the time they take their life.

# The Who?

- Young adults: According to the latest report by WHO, “India has the highest number of suicides among the ages of 15-29 years”
- Relationships: discord, miscommunication, failure in relationship, unable to handle the stress, loss of a partner.



# The Who?

- Homosexuals: feeling marginalized, fear of coming out, failure to find social support.
- The elderly: loss of partner, loneliness, physical illness, being dependent.

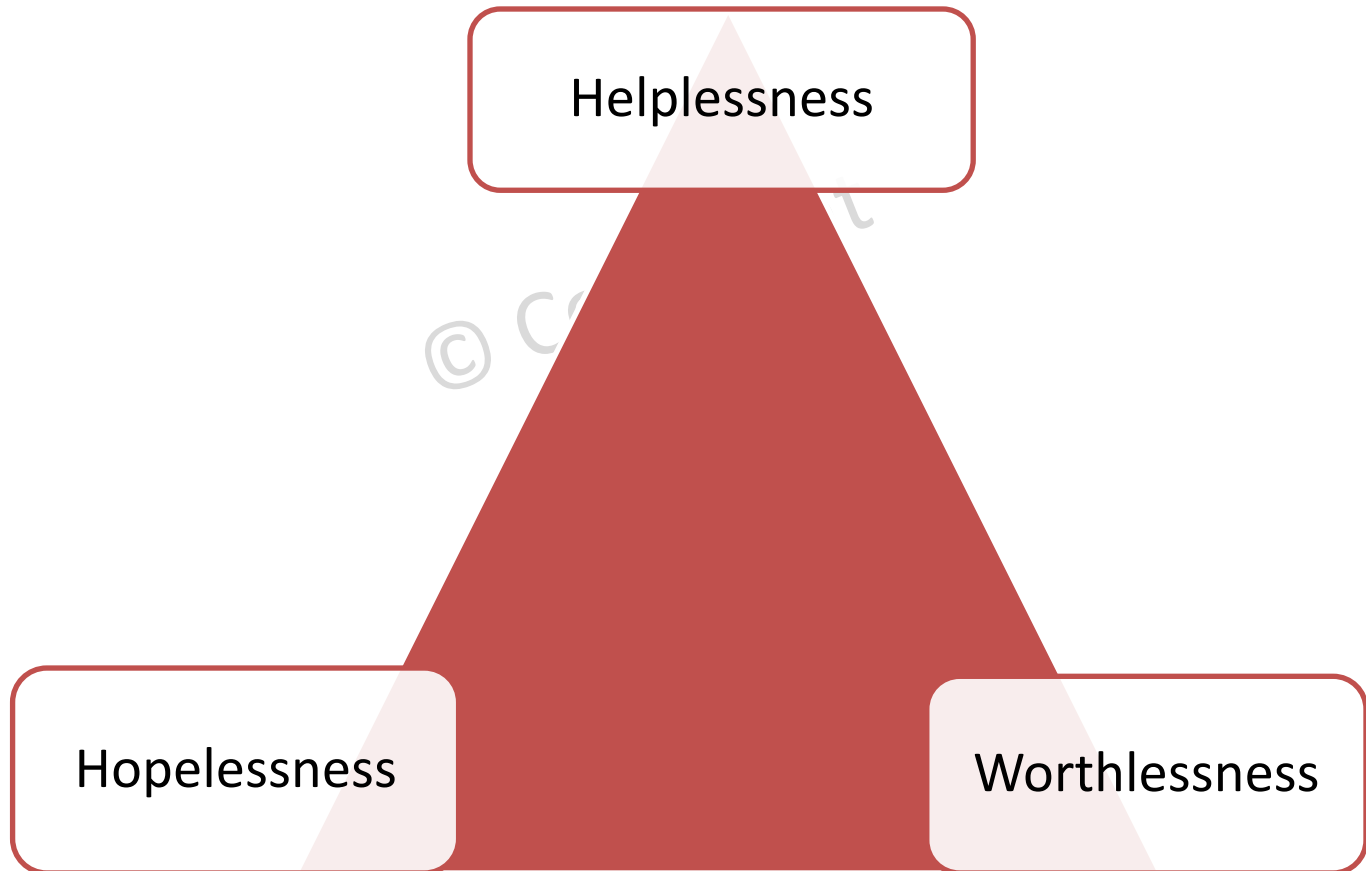


# The Who?

- Suicide Bombers or Sui-Homicide
  - Fighting for own religion or mere Brainwashing?
- Suicide Pacts
  - Till death to us apart

# The Why?

- Cognitive Triad:



# The Why?

- The fatal intent and suicidality: lethality, gender differences, risk factors and lack protective factors.
- Suicidal brain and genes:
  - Is it genetic?
  - Is it a result of brain abnormality?

# The Mind Game

- Neurotransmitters: Serotonin and Dopamine
- Dysfunction of Prefrontal (responsible in planning, expression of personality traits, cognitive behaviours and decision-making)
- Growing evidence of an association between a vulnerability to suicidal behaviour and neurobiological dysfunction. In fact, post-mortem studies have also demonstrated structural and biochemical changes in the brains of suicide victims. Brain scans revealed structural and biochemical changes in specific parts of the prefrontal cortex.

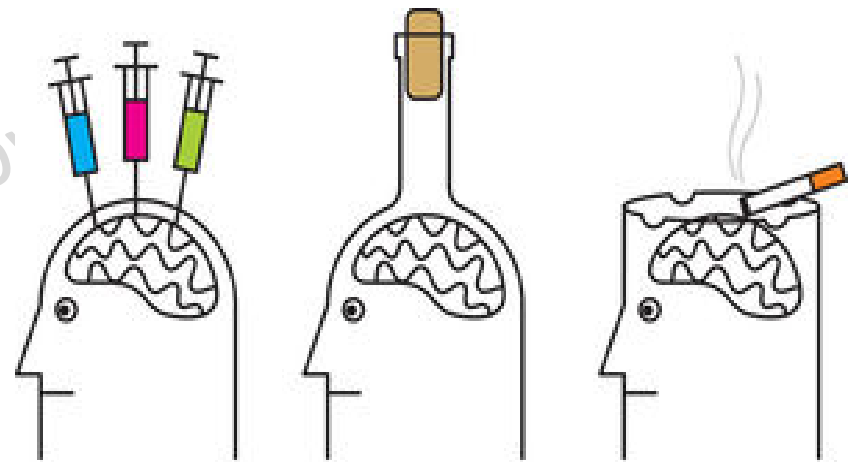


# The Why?

- Psychiatric Illnesses: Schizophrenia, Depression, Post Partum Depression, Anxiety, OCD, Bipolar, PTSD, Personality Disorders.
- Physical Illnesses: Cancer, HIV, Heart related ailments, ALS, Respiratory disorders.

# The Why?

- Substance Abuse:
  - Alcoholism plays a role in one in three completed suicides.
  - 75% of suicide deaths are due to drug poisoning (opiates)
- Body Image: body dysmorphic disorder



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# The Why?

- Economic Hardships

- Farmers

- Financial Distress

- Euthanasia

- Passive Euthanasia Law

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# The other side

- Parasuicide and deliberate self-harm:
  - Prevalence: 10-20 times higher than that of completed suicides.
  - In the year after a suicide attempt, the repetition of the behavior occurs in 15 to 25 percent of cases.
  - Lack of recognition and appreciation are what drives these individuals to commit suicide.
  - Deliberate Self-Harm is often seen in individuals between 11 to 25 years.

# The other Side

- Manipulative Suicide:
  - Narcissistic Personality
  - Borderline Personality Disorder
  - Dependent Personality Disorder
  - Antisocial Personality Disorder

# Lights, Cameras and Action

- Media and social media:

- Discrete reporting

- Sensitive reporting

Using social media to create awareness, sensitivity and breaking myths.

# Missing link

- Adjustment Quotient:
  - Interpersonal maladjustment
  - Unable to handle stress
  - Lack of resources
  - Awareness

# How 'YOU' can help?

- Ignorance is no more a bliss- recognize the signs and symptoms
- Talking and breaking the taboo
- Joining forces: mental health practitioners, family, friends, support groups, government, media
- Psycho-education at school and college level



# How 'YOU' can help?

- Suicide and Law
- Family and Suicide: NCRB, in its figures, shares that 'family hassles' are an important cause for suicide.
- Importance of family- Resilience and Emotional Defence Systems.

# How 'YOU' can help?

- Psychotherapy and Pharmacotherapy
- Newer interventions: Repeated Transcranial Magnetic Stimulation (rTMS) and Past Life Regression Therapy (PLRT).
- Each one of us can contribute towards saving a life: Vigilance, Sensitivity and Understanding.

# Find Us!

- Visit our Facebook page for further details:

[https://www.facebook.com/deathisnottheanswerbydranjlichhabria/?ref=br\\_rs](https://www.facebook.com/deathisnottheanswerbydranjlichhabria/?ref=br_rs)

# DEATH IS NOT THE ANSWER

*Understanding suicide  
and the ways to prevent it*

**DR ANJALI CHHABRIA**

**WITH A FOREWORD BY SHABANA AZMI**