



Suicide

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Social Inequality [SOC 37]
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What is Suicide?



- Suicide is a major health problem and leading cause of death in the United States
- It's an act of violence towards one taking their own life
- Anyone can be susceptible to suicide: age, religion, social status and education is irrelevant
- It is not an impulsive act

What Are The Symptoms of Suicide?

Abnormal sleep
patterns

Feeling of
hopelessness
and sadness

Anger and mood
swings

No view of
optimism for the
present and
future

Isolation from
friends and
family

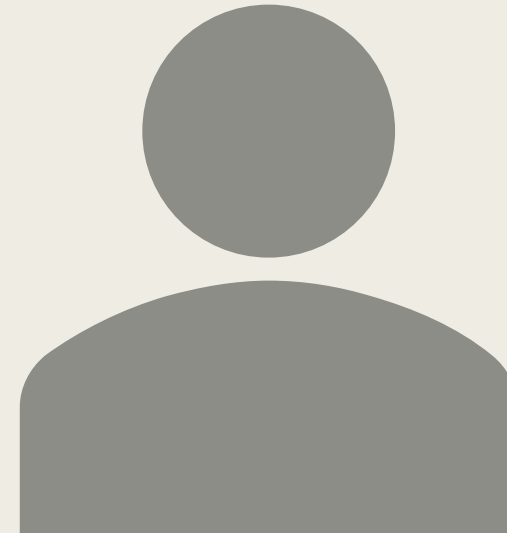
No longer
involved in
activities

Irresponsible
behaviors

Lack of energy to
care for
themselves

What Are The Causes of Suicide?

- Losing a family member
- Having a family history of this behavior
- Mental illness
- Bullying/Cyberbullying
- Divorce
- Physical/Verbal abuse
- Instability
- No access to programs or people
- First attempt can lead to another attempt



Depression



Is the leading cause of suicide



This mental illness can be caused by various events in a person's life



Is a mood disorder that causes a continuing feeling of unhappiness and uselessness



Damages self-esteem



Can lead to drug and alcohol abuse



Cause emotional stress

No one understands me!

This hurts too bad, I can't bare the pain to keep living!

Why am I here, what is my purpose?

Everyone teases me!

I feel hopeless and useless!

I feel like a failure!

I am a burden on my family.

No one would miss me when I am gone!

Who am I?

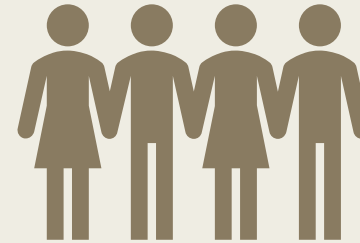
Just leave me alone!

Thoughts, words, actions. First Attempt

Before Suicide



Suicide ideation - when you have thoughts about taking your own life, the individual is planning: when, where and how



Suicide attempt – when a person tries to commit suicide but survives

Prevention of Suicide

- Health insurance must cover the cost of mental health services
- Early detection can lead to prevention
- Learn how to handle challenges and stressors
- There should be a connectedness in all contexts: home, school and community
- Calling a hotline
- Weapons and medications should be stored and locked away
- Parents should be more proactive in their kids life

The Effects on The Family

- Confusion
- Hurt
- Long lasting healing process
- Blaming themselves/Feel like failures
- Resentment towards the person who took their life
- Guilt

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Summary

Suicide is a major public health problem and leading cause of death in the United States. The act of taking one's own life intentionally is suicide. Race, sex, age, social status and context does not determine a person's desire to commit suicide. When an individual cannot endure pain and the heavy burdens of life any longer, ending the hurt by taking their life is considered their last option. There are various reasons for people to become suicidal. Some reasons are family issues, bullying, discrimination and losing a loved one. All these situations lead to depression, which is a liable factor for suicide. A suicidal person may convey their symptoms in several ways such as: abnormal sleep patterns, feeling of hopelessness, isolation, irresponsible behaviors and poor hygiene. Suicide can be prevented if families are attentive to their loved one and not ignore the signs. Schools are another place where students may express signs, educators should also be attentive and not ignore signs. Students should not keep the secret of a friend wanting to commit suicide or ignore signs. People within the community can help by offering support and being available for those in need. Mental health services should be covered by health insurances. Suicide is not an impulsive act individual experience suicide ideation where s/he plan the when, where and how. Anyone can encounter negative experiences that may result in suicide. Therefore, having a strong faith, family ties and open communication can be of help. Life is not easy but if we can learn to cope with changes and other situations suicide will not be the last option.