

Community Based Prevention of Suicide in Young Adults

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ABSTRACT

Suicide is a major public and mental health problem in India. Rate of suicide has increased tremendously from 6.4/100,000/yr in 1982 to 10.5/100,000/yr in 2002. Forty percent are below 30yrs of age.

Question to be asked - Is prevention and control possible using limited resources and primary health care system in Indian context?

Very few population based psychological autopsy studies are available in India. Most studies are hospital based on data from the survivors of attempted suicides or from the relatives of suicide cases. However identifying the markers of pre suicidal behavior and risk factors are important. In the context of Primary Health Care, questionnaire can be developed and used for screening at primary and secondary level. Preventive action including education of care-givers, setting up of 'help-lines' or 'mentors', in schools and hostel level, regular parent-teacher meeting. All care givers including general physicians, pediatricians, heads of institutions, school teachers, wardens, peer groups, parents and primary level workers should be educated to screen out 'at risk' individuals and to recognize symptoms of depression.

Three tier system of care should be developed i.e. at grass root /community level, the primary care and the referral / specialist level.

Key Words – Suicide, Young adults, Prevention

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