

'There is a need for an in-depth scientific enquiry and analysis of why people commit suicide'

SUICIDE ATTEMPT CASES GO UNREPORTED

WORLD SUICIDE PREVENTION DAY TODAY

The latest National Crime Records Bureau (NCRB) figures indicate that Bangalore reported the second highest number of suicides after Chennai, and recorded 2,033 suicides in 2013. According to medical experts and psychologists, for every suicide there are at least 10 attempt to suicide cases and they are not part of official records. What is more worrying, according to medical experts, is that many who attempt suicide do not receive any psychological or psychiatrist help.

While the city recorded 2,033 suicide cases in 2013, the number of attempt to suicide cases was 40 during the same period. Since January this year, only 33 attempt to suicide cases have been reported in the city.

Comparison

A closer look at the NCRB 2013 data reveals that men are more prone to suicides than women with almost two men committing suicide to every woman who ends life in the city.

Teenagers and people in their 20s constitute 45.8 per cent of the total number of suicide victims in the city. NCRB data shows that as many as 932 people in their 20s committed suicide.

Housewives and students were found to be the most vulnerable sections.

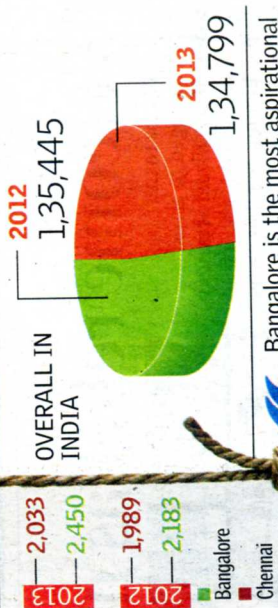
Of the 725 women, who ended their lives in the city during 2013, nearly 380 were housewives. While 52 dowry deaths were reported, 248 women killed themselves owing to family disputes.

Most women who killed themselves died by hanging,

Doctors concede that many cases are not reported as people fear police harassment, and it is a medico-legal case.

However, experts opine that people should be encouraged to report attempt to suicide cases also so that it can help address the major public health problem that contributes to a significant number

STATISTICS ON SUICIDES



Bangalore is the most aspirational city with a large number of migrants. Youngsters from outside Bangalore stay alone and lack family support. They lack in emotional quotient, and so some of them have suicidal tendencies. The government should create a social security net for these youngsters."

C.R. CHANDRASHEKAR,
Senior psychiatrist

SOURCE: NATIONAL CRIME RECORDS BUREAU

77 of them immolated themselves.

When it comes to statistics with regard to students, 175 ended their lives in 2013. And, police records indicate that 74 committed suicide over failure in examinations and a large number of boys who committed suicide did so owing to failed love affairs.

According to Dr. Gururaj, there is a need to expand

mental healthcare services for availability, affordability and quality. Early recognition of suicidal behaviour and timely management would help in tackling the issue.

Reporting by K.V. Aditya Bharadwaj & Tanu Kulkarni

Readers can send their feedback by mailing to bangalore@thehindu.co.in or rewrites@thehindu.co.in

expert speak

Besides recording suicide cases, there is a need to ensure that all attempt to suicide cases are also reported. As people are apprehensive about approaching police, more number of counselling centres should be established so that it will help in registration of attempt to suicide cases also. If such cases come to light, the victims can be provided psychiatric and psychological help.

- K. RAMDEV, president, Private Hospitals and Nursing Homes' Association



Reporting suicides in the city and the State is very good as there is good awareness on the issue. Hospitals have to mandatorily inform the police about attempt to suicide cases are reported. Hospitals can be penalised if they do not inform the police about suicide cases.

-HEMANT NIMBALKAR, Joint Commissioner of Police (Crime)



Independent research indicates that official suicide numbers underestimate the problem due to fallacies in reporting. Reasons range from non-reporting to misclassification. As suicide is still considered a medico-legal issue, such cases go unreported for the fear of police and courts. Coupled with this is the stigma attached to mental illness that makes a person commit suicide.

-G. GURURAJ, professor and head, Centre for Public Health, NIMHANS

contact us through our twitter account (<https://twitter.com/BloreConnect>) or Facebook account (www.facebook.com/BloreConnect).

NIMHANS launches website dedicated to suicide prevention

Chitra V. Ramani

BANGALORE: The Centre for Well-Being of the National Institute of Mental Health and Neuro Sciences (NIMHANS) on Tuesday launched a website dedicated to suicide prevention.

The website has been developed by NIMHANS in collaboration with the White Swan Foundation. It will evolve over time to provide material to motivate and empower people to work together for suicide prevention. The website will also contain a section with real life experiences/ positive stories of individuals surviving crisis points in their lives.

NIMHANS, in February 2013, launched a Gatekeeper Training for Suicide Prevention. A release said that a gatekeeper is someone who believes that suicide can be prevented at the community level. Anybody can be a gatekeeper, including teachers, parents, doctors, nurses, social workers, hostel wardens, police, lay counsellors and community leaders. The release said that empowering the gatekeepers with required knowledge and skills is an important step in suicide prevention. So far, 359 gate-



National Institute of Mental Health and Neurosciences.

- FILE PHOTO:
BHAGYA PRAKASH K.

keepers have been trained and a network of gatekeepers has been formed. These gatekeepers can approach the team members by email/ phone for any case of management related to suicide prevention.

The release added that NIMHANS is launching a campaign that urges people to pledge to reach out to those who may be in distress as well as to reach out to others when feeling distressed. People can log on to the website (www.gatekeepersindia.org) to make a pledge.

For more information, call NIMHANS Centre for Well Being on 080-26685948, 9480829670, or write to nimhans.wellbeing@gmail.com