# Problem

Self-harm is typically linked to an attempt of committing suicide. Self-harm by itself is not mentioned in the ‘Depression’ chapter of the DSM-5[[1]](#footnote-1). However, suicide is discussed very often in such chapter.

# Relation with depression

Suicide is discussed most often in the subsection of Major Depressive Disorder:

In Major Depressive Disorder, suicidal ideation is a diagnostic criterium: “Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.”

In general, the symptoms considerd as diagnostic criteria in Major Depressive Disorder must occur nearly every day, for at least 2 consecutive weeks, with the exception of thoughts of death and suicidal ideation, which must be recurrent, and attempting suicide or making a specific plan, which only needs to occur once.

Thoughts of death, suicidal ideation, or suicide attempts (Criterion A9) are common. They may range from a passive wish not to awaken in the morning or a belief that others would be better off if the individual were dead, to transient but recurrent thoughts of dying by suicide, to a specific suicide plan. More severely suicidal individuals may have put their affairs in order (e.g., updated wills, settled debts), acquired needed materials (e.g., a rope or a gun), and chosen a location and time to accomplish the suicide. Motivations for suicide may include a desire to give up in the face of perceived insurmountable obstacles, an intense wish to end what is perceived as an unending and excruciatingly painful emotional state, an inability to foresee any enjoyment in life, or the wish to not be a burden to others. The resolution of such thinking may be a more meaningful measure of diminished suicide risk tan denial of further plans for suicide.

Suicide is also mentioned when explaining other types of depression:

Persistent Depressive Disorder: “the disorder is associated with elevated risk of suicidal outcomes”

Premenstrual Dysphoric disorder: “The premenstrual pase of has been considered by some to be a risk period for suicide”.

# Keyword origin

always had a death wish

an ex cutter

attempt to suicide

attempted suicide

back to shâ€™?'?ing

began cutting myself

compulsive skin picking

cut myself

cutting my wrists

cutting myself

damage myself

deserve to be hurted

deserve to be punished

deserve to die

deserves? the pain

do big scratches on my

do sh(?![a-z])

does anyone else not want to end their own life

donâ€™?'?t ([a-z]+ )?see the point to being alive

donâ€™?'?t want to be alive anymore

dug myself a huge hole

ease(d)? the pain to feel pain

enjoy the way scars and wounds look

eras(e|ing|ed) my existence

fear hospitalization

feel like i am already gone

feel like i have been abandoned

feel like iâ€™?'?m at the end my rope

feel like no body cares

feeling kind of numb

feeling suicidal

first slice didnâ€™?'?t even hurt

forgive myself

getting closer to dying everyday

give myself permanent throat damage

ha(ving|ve|d) suicidal thought

harm myself

harming behaviour

hav(e|ing) suicidal thought

have been contemplating suicide

have been cut free

have been cutting for

have been suicidal

hurt(ed|ing)? myself

i am bad

i am barely existing

i am left with scars

i cut my arm

i damage(d)? my body

i feel so suicidal

i have to suffer pain

i just donâ€™?'?t want to be around anymore

i need pain

i started shing

i want to die so bad

i would die young

injur(e|ed|ing) myself

injure myself

injure(d)? my mouth

iâ€™?'?m sick of feeling hurt

iâ€™?'?ve cut myself

kill myself

knife just wasnâ€™?'?t sharp enough

like(d)? the pain

living death

love the pain

me deteriorating

my ([a-z]+ )?suicide attempt

my drive to suicide

need to harm

nick(ing)? myself

no longer can take care of myself

nobody cares about me

non ?-?suicidal self-injury

not sure (that )?i see the point to being alive

pain i caused myself

perfect time to die

please just harm me

pray for death

prove how tough and resilient i was

punish myself

recurring thoughts of dying

relaps(ed|e) today and cut

relapse(d)? on self harm

relapse(d)? on self harm

repeat(ing) the harming again

risk choking to death

see no point in living this life

self.?harm

self.?inflict

self.?injure

self.?injury

self.?mutilation

self.?pain

self.?poisoning

self.?punishment

selfharm

sh behaviours

slit(ting|ted)? my wrist

stabbed myself

started cutting

struggl(e|ing|ed) with wanting to be alive

suicidal ideation

suicidal thought

surprised iâ€™?'?m still around

think(ing)? a lot about dying

tried to commit suicide

try to commit suicide

trying to commit suicide

urge to die

urge to harm

wake up with extra scars

want(ed)? to die

want(ed)? to feel pain

want(ed)? to hang my ?self

want(ed)? to just feel pain

want(ed)? to kill my ?self

waste(d)? my life .{0,15}for what

why i deserve this treatment

will see how long i can last

would be better off dead

think(ing)? about death

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)