**Process Book for Mental Health In India**

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1. **Overview**

In this project, we hope to identify the most common reasons for suicides and their geographical and demographic distribution in the country. Our visualization aims to find patterns in different causes, age-groups, and gender orientations and analyze how various Indian states differ in their suicide rates from 2001 to 2012. We hope the insights obtained from the visualization will help people and authorities to create awareness and develop better policies accordingly

1. **Motivation**

According to the Indian Ministry of Statistics and program Implementation, just in 2020, about 220,481 people committed suicides, the highest in the world. Attributing to the large population of the country, the suicide rate per person is relatively low. In Indian Society, the subject of mental health is often a taboo topic of discussion. The importance given to a person’s mental well being is significantly less as compared to their physical well being. There is much stigma around receiving professional help regarding mental health problems, and these problems are often shunned away as trivial. This stigma often leads to people with mental health issues feeling isolated and without options. In this project, we hope to show the importance of open discussion on mental health by highlighting the numbers and the reasons that have lead people to commit suicide in the country. Since each state in India is entirely different from the others in terms of culture and socio-economics, the suicide causes and demographics that commits them also change from state to state. These factors are also something that we want to analyze in this project