

Suicide & Mental Health Crisis in India - Overview Dashboard

Overview

Helpline & Support
Effectiveness

Trends & Predictions

Awareness and Mental
Health Recovery

Summary

446K
Total Suicide

8
Suicide Rate ner 100K

1.01
Male-Female Ratio

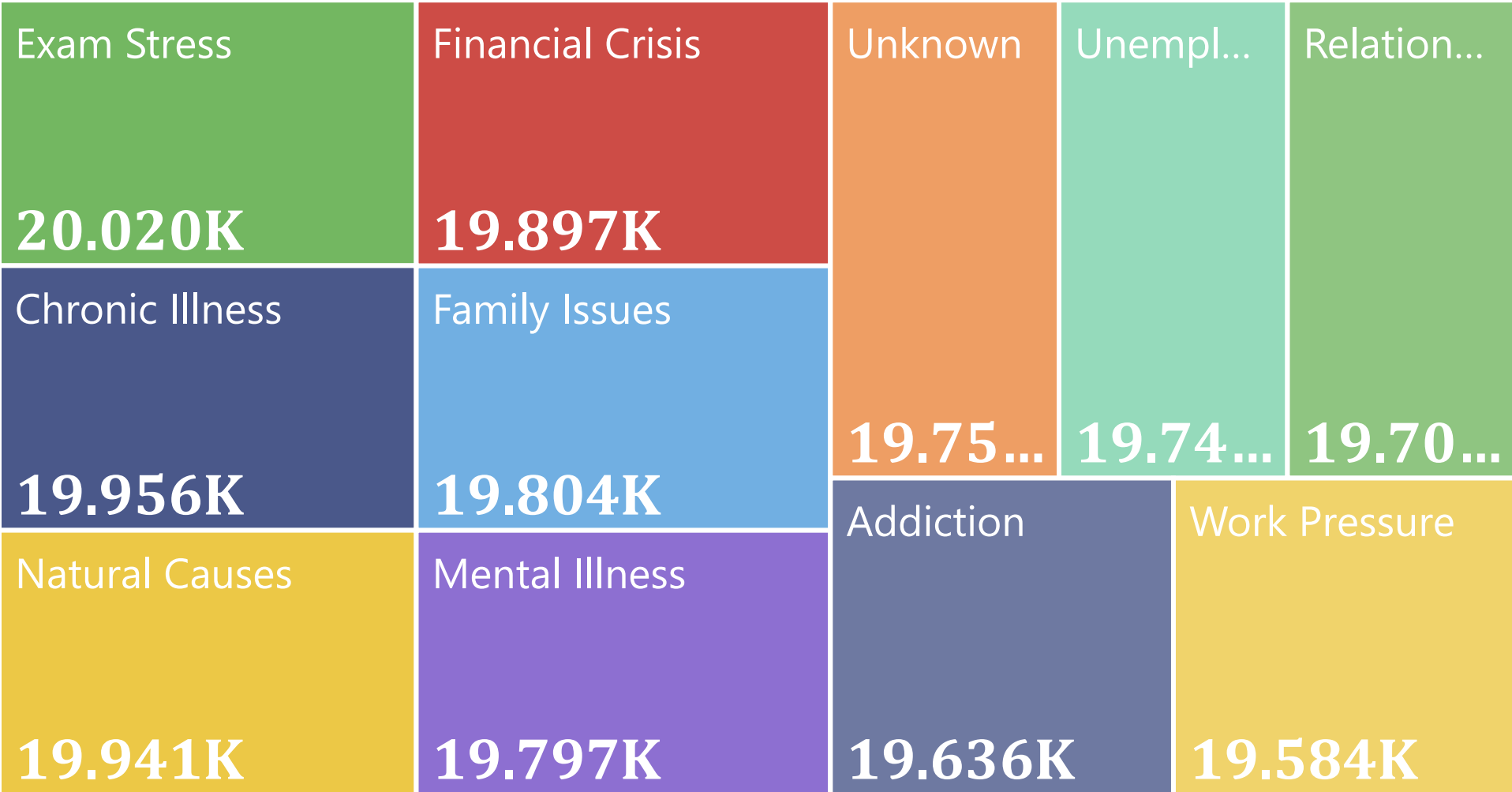
0.17
Youth Suicide %

6bn
Total Population

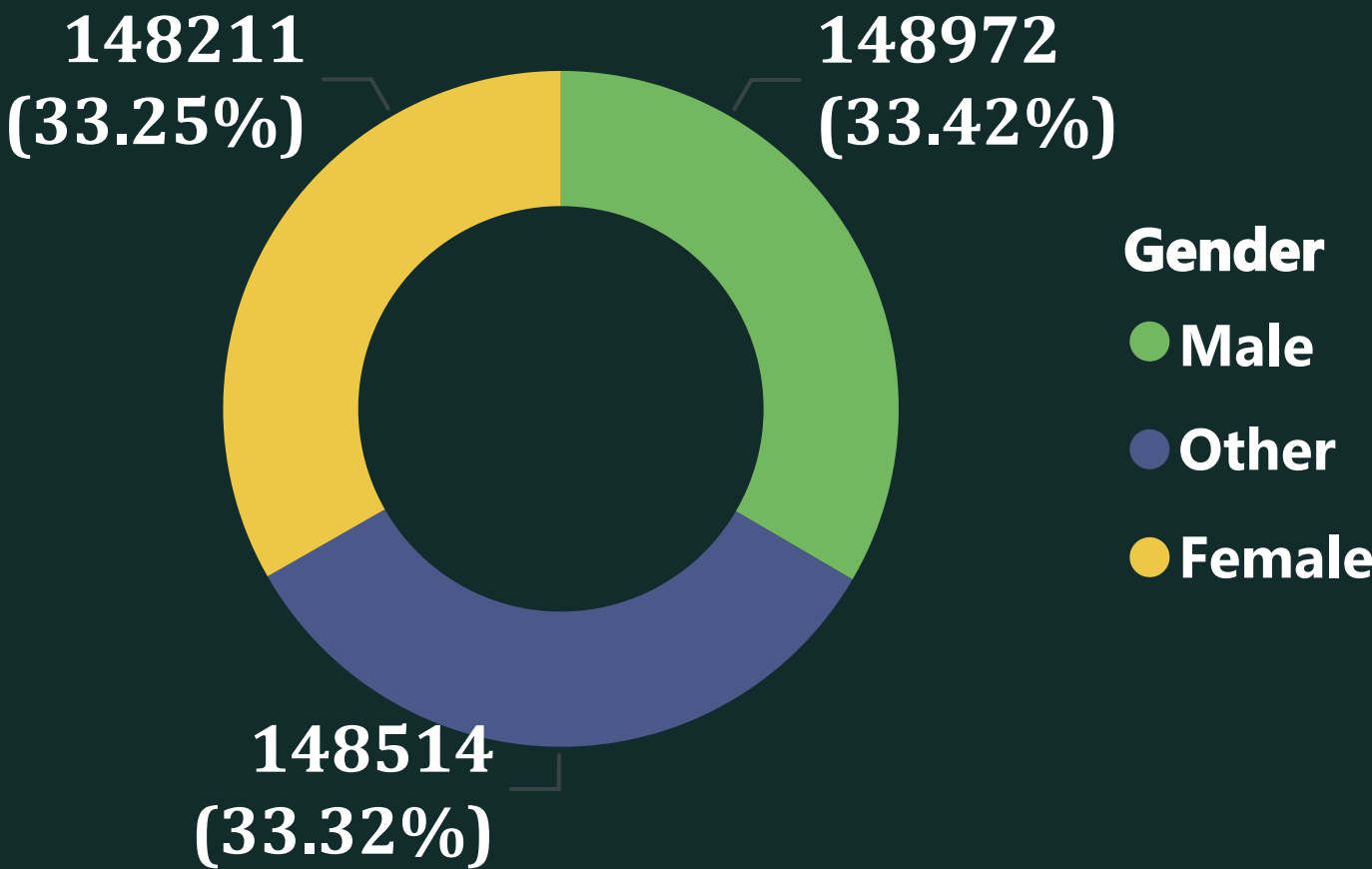
Ladakh (13,780)
Max Suicide State

Himachal Pradesh (13,282)
Min Suicide State

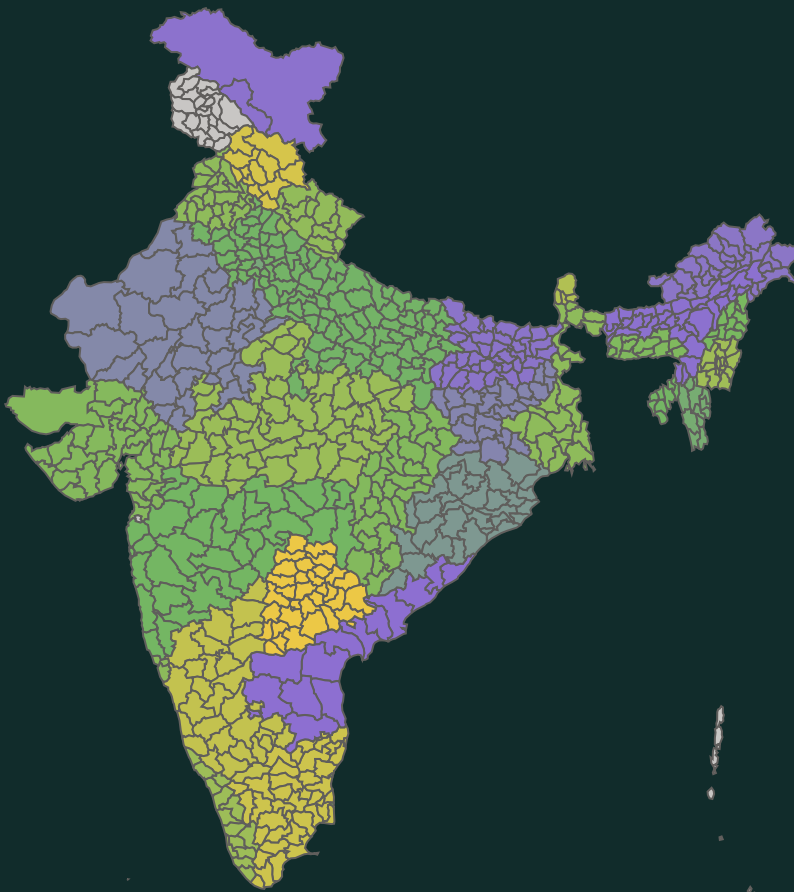
Suicides by Cause



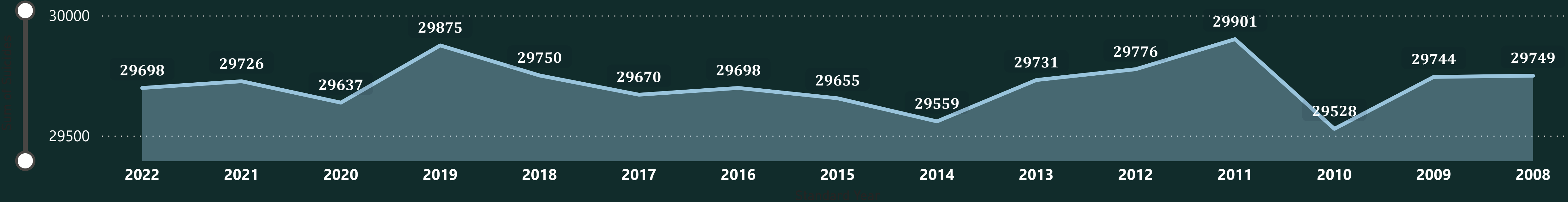
Suicides by Gender



Suicide Rate by State



Suicides by Year



Helpline & Support Effectiveness Dashboard

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Summary

Helpline_Name

Aasra

Icall

Samaritans

Snehi

Vandrevala Foundation

3M

Total Helpline Calls

2M

Total Calls Answered

7.00

Helpline Calls per Case

Calls Handled %

0.00

0.53

1.05

Avg Wait Seconds

0.00

152.97

305.94

Intervention Success %

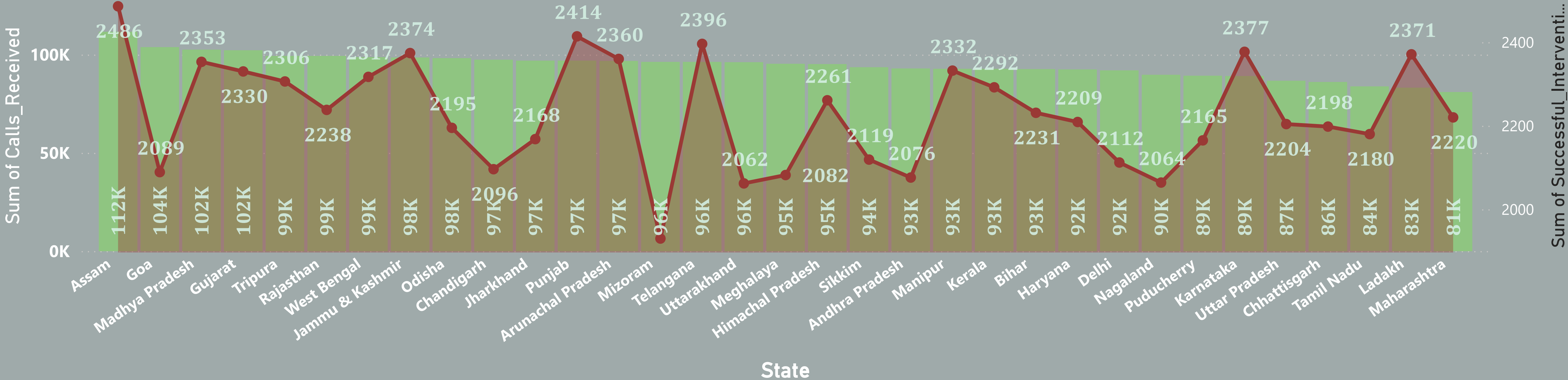
0.00

0.04

0.09

Calls Received vs Suicides Reported (per State)

Sum of Calls_Received Sum of Successful_Interventions



Trends & Predictions Dashboard

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0.17

Youth Suicide %

0.07

YOY Suicide Growth %

29.69K

Suicides 3-Year Moving Avg

Age_Group

<18

18-25

26-35

36-45

46-60

60+

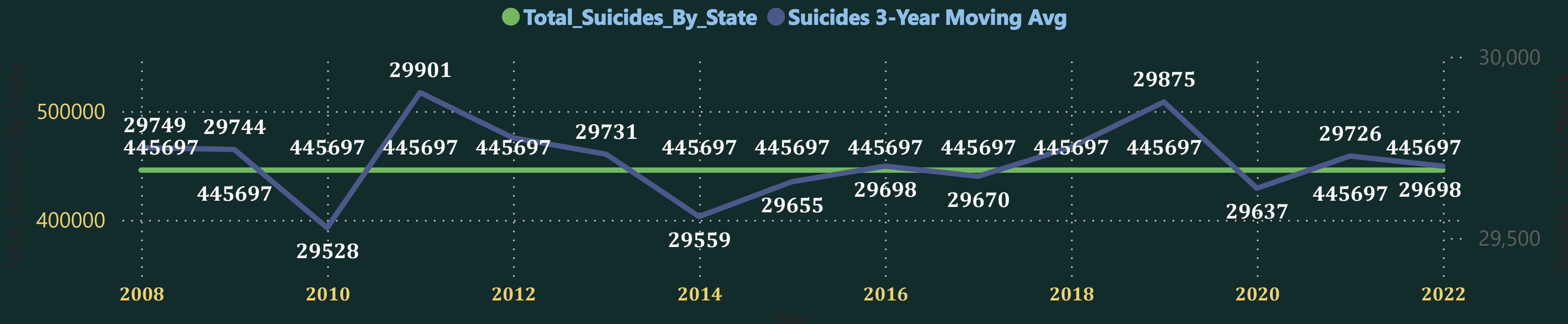
Gender

Female

Male

Other

Suicides 3-Year Moving Avg by Year



Year

2008

2012

2016

2020

2009

2013

2017

2021

2010

2014

2018

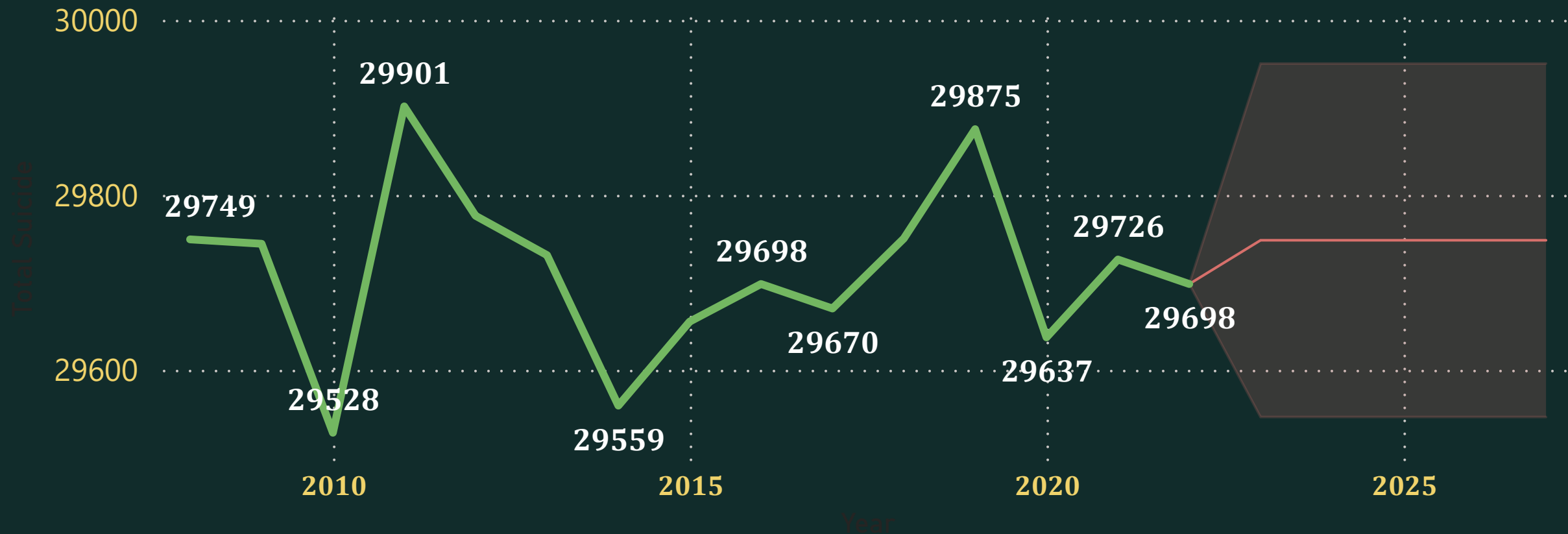
2022

2011

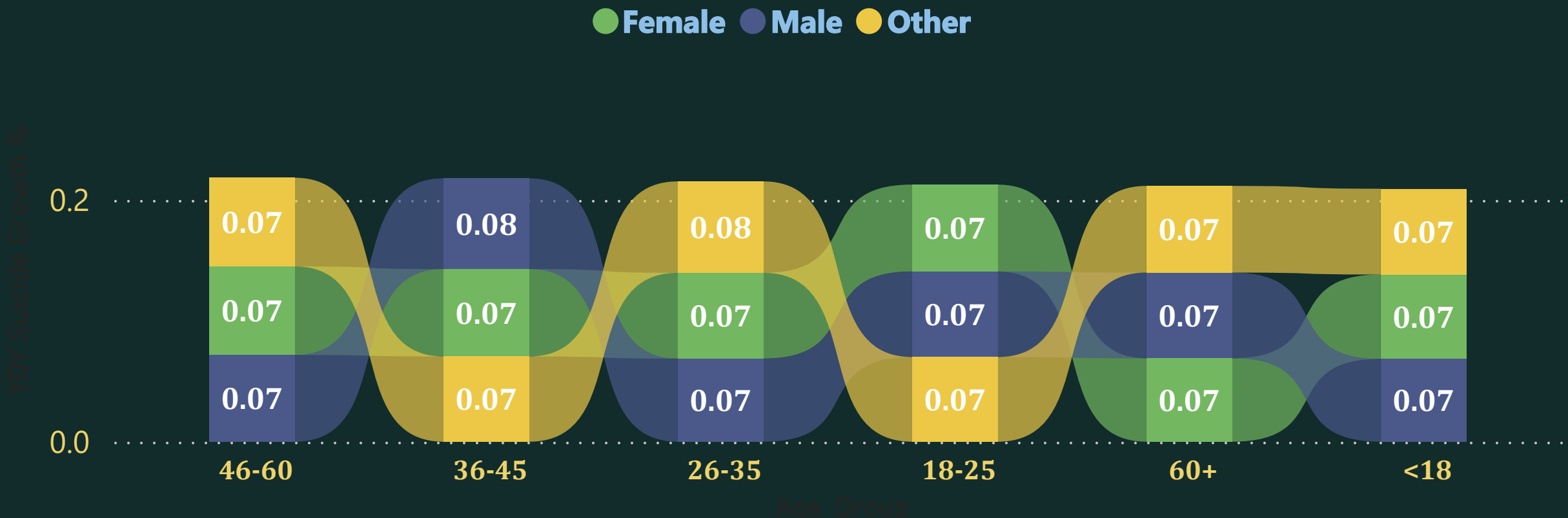
2015

2019

Forecast of next 5 years



YOY Suicide Growth % by Age_Group and Gender



Awareness and Mental Health Recovery Dashboard

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Awareness

7M

People Reached by Campaign

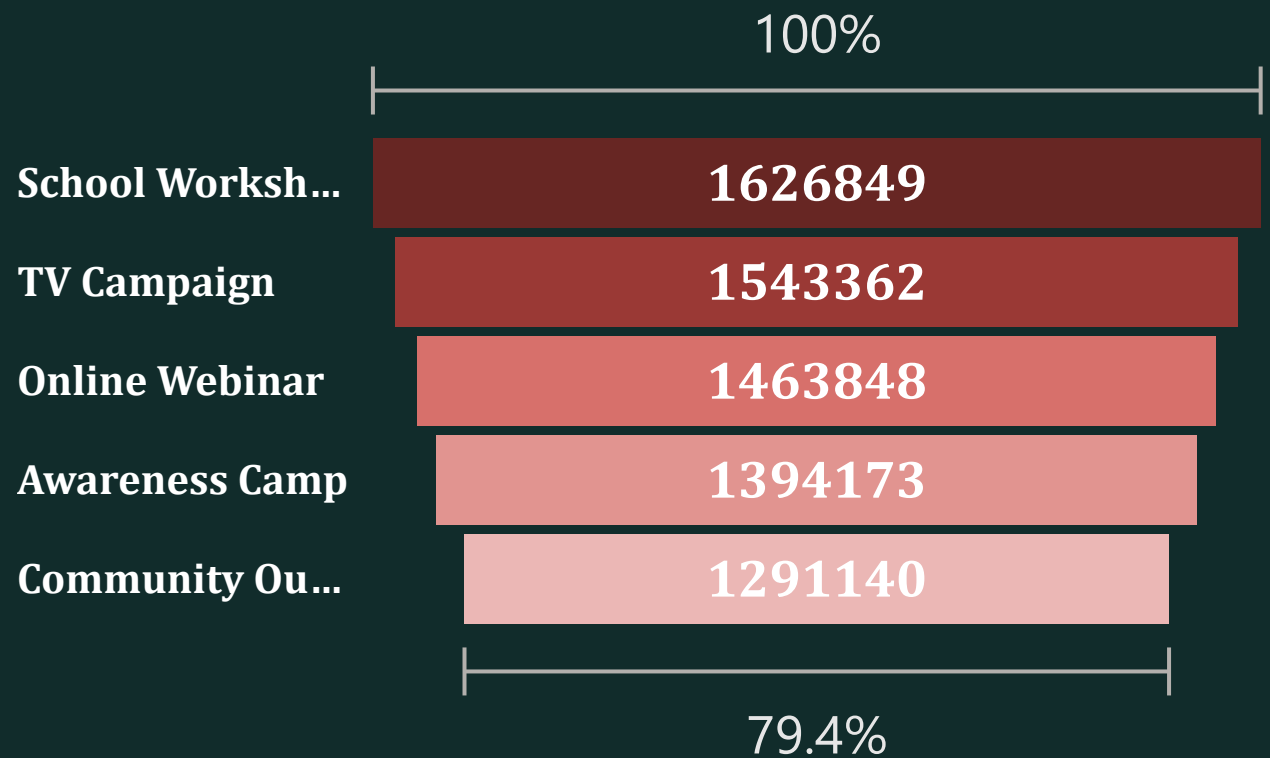
Puducherry - 57

Max Campaign State

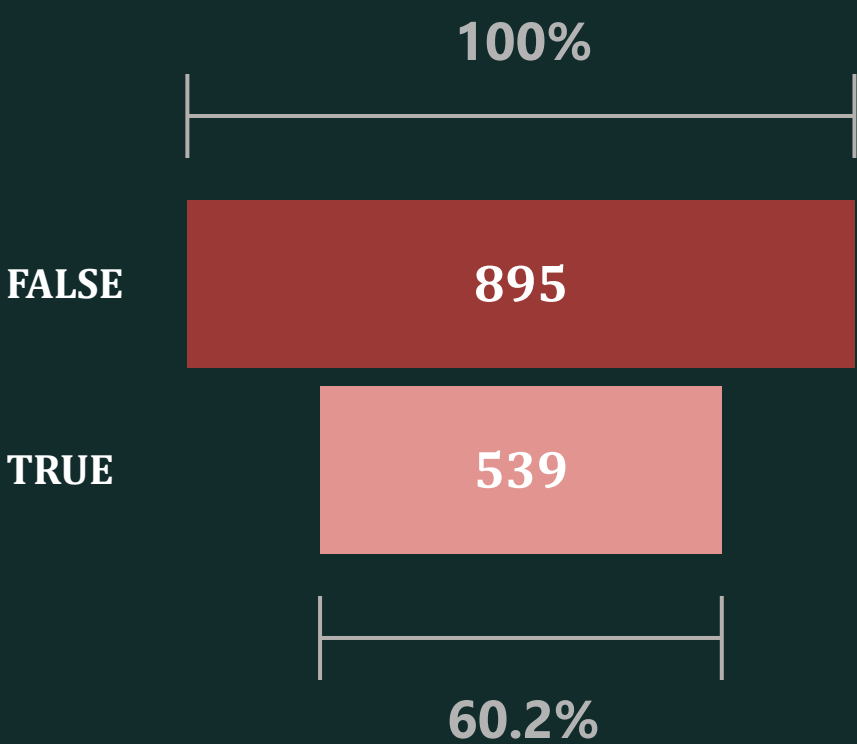
Delhi - 25

Min Campaign State

Campaign outcome by Program_Type



Campaign Follow-up Stats



Mental Health

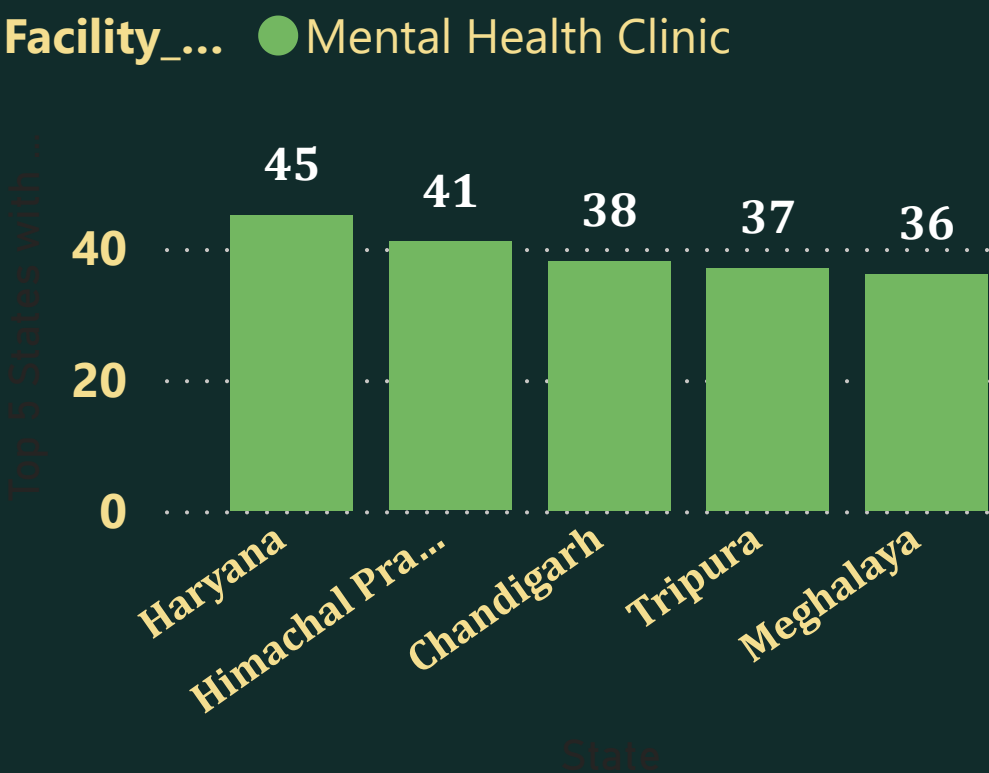
Chandigarh - 5294

State with Maximum Facility

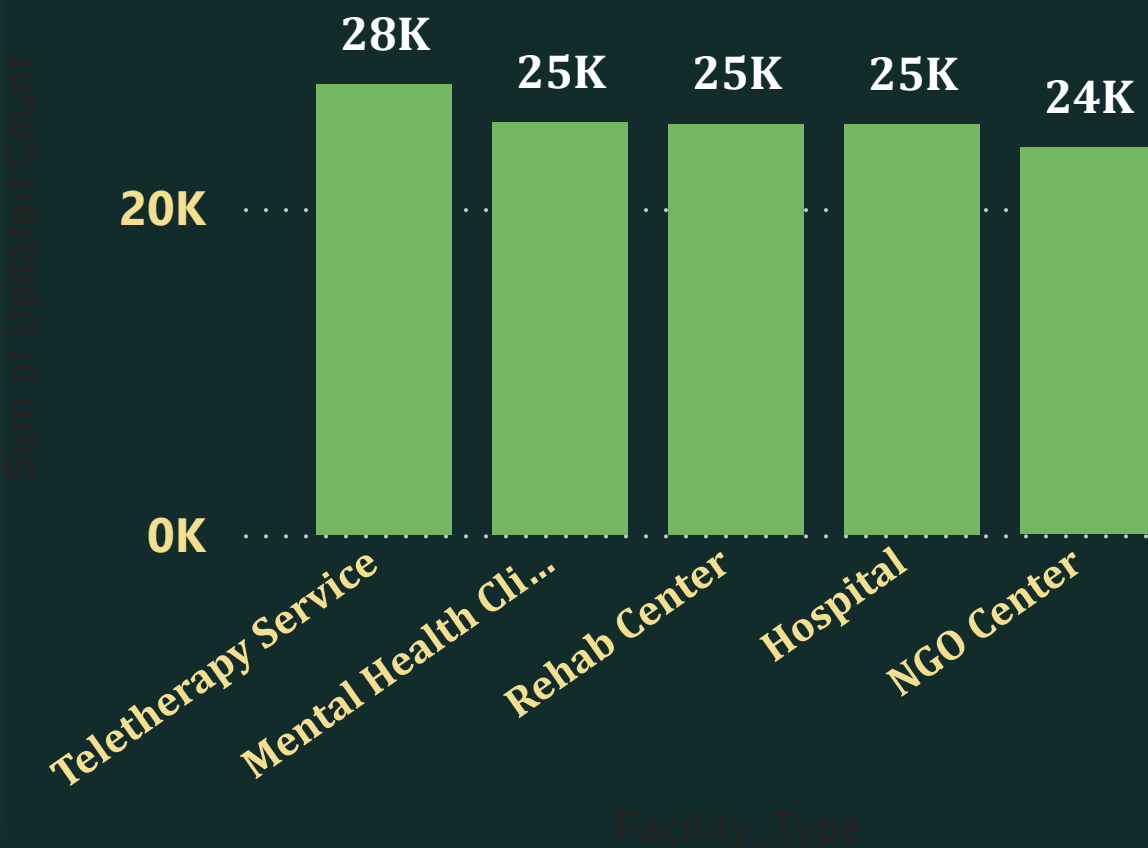
Telangana - 3106

State with Minimum Facility

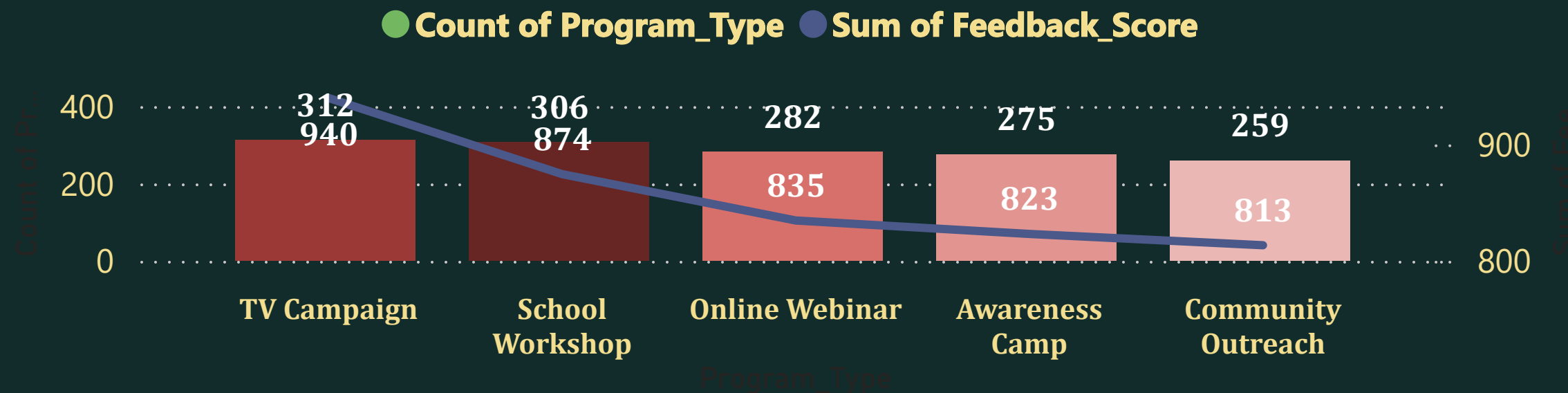
Top 5 States with Mental Health Clinic



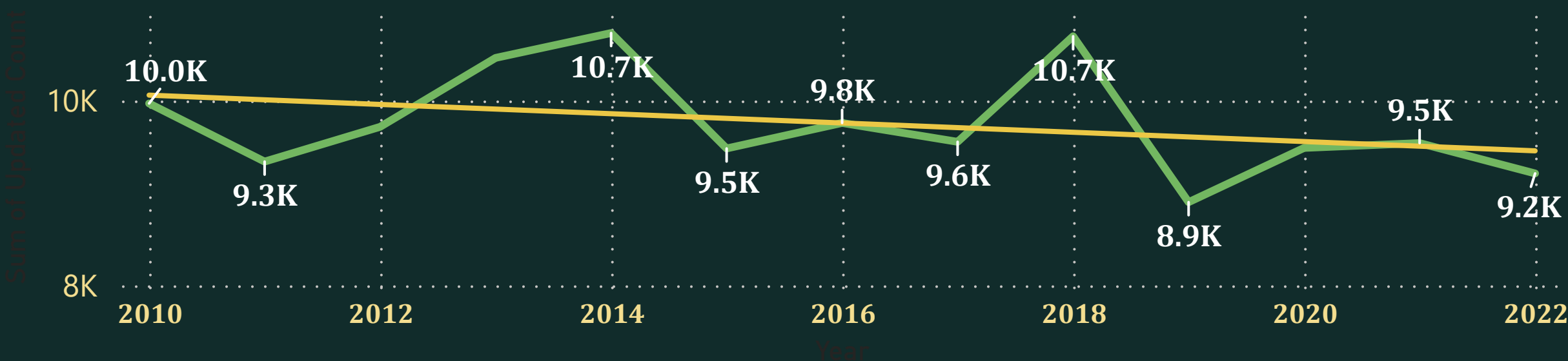
Count of Facility_Type



Feedback_Score by Program_Type



Facility Count by Year



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Total Helpline Calls

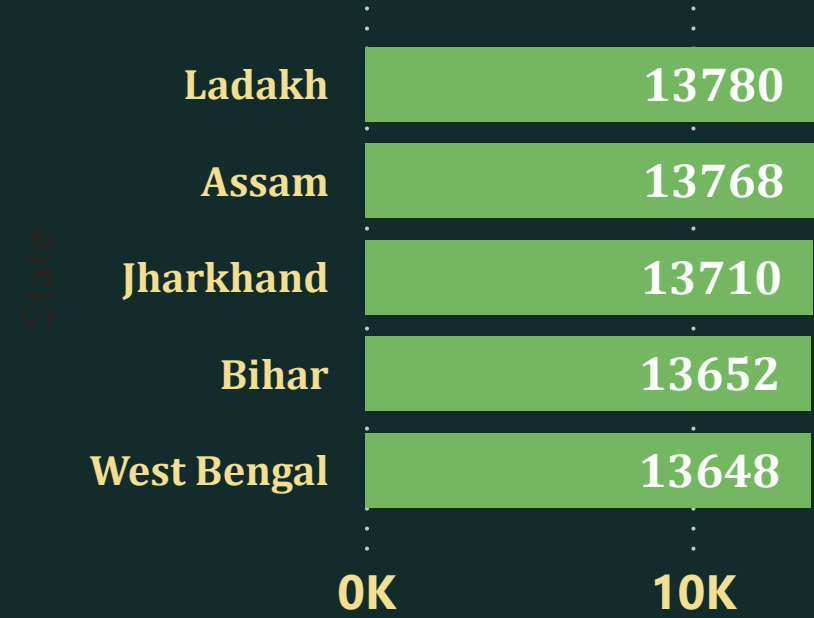
29.71K
Avg Suicides per Year

152.97
Avg Wait Seconds

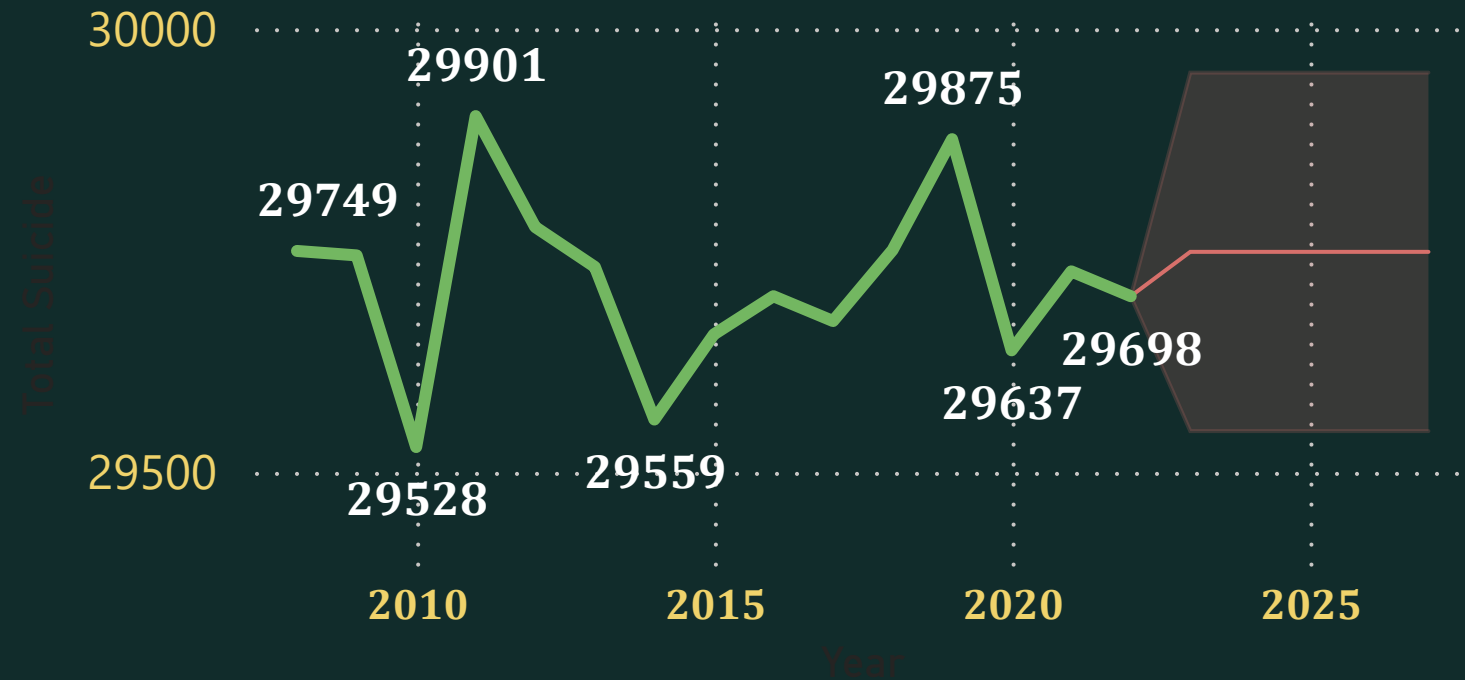
Telangana - 3106
State with Minimum Facility

Delhi - 25
Min Campaign State

Top 5 States By Suicides



Forecast of next 5 years



Key Findings

- Long-term Trend:** Total suicides decreased slightly (**0.17% decline**) from 2008–2022.
- Recent Trend:** From 2017 onward, suicides rose by **0.09% (28 cases)** over 5 years.
- Demographics:**
 - Age 26–35 (Other gender) contributed **5.89% of YOY suicide growth**.
 - YOY Growth% was almost equal across genders - 0.07.
- Regional Insights:**
 - Ladakh contributed **3.09%** of total suicides.
 - Meghalaya had the highest YOY Growth% (**0.08**), **14.37% higher than Odisha** (lowest).
- Programs & Facilities:**
 - TV Campaigns accounted for **21.76%** of all program types.
 - Teletherapy services were the most utilized facility (**21.75% share**).
- Trend Smoothing:** The **3-year moving average** trended downward (**0.17% decrease**), while overall suicide counts remained stable.



Action Recommendations (for Decision/Policy Makers)

1. Target At-Risk Groups

- Strengthen mental health outreach for **youth (26–35 years)** and **gender-diverse groups**.
- Tailor prevention programs with inclusivity focus.

1. Regional Interventions

- Prioritize **high-growth regions like Meghalaya**, while maintaining support for states like Odisha with lower rates.
- Deploy localized helpline campaigns in Ladakh, where suicide share is disproportionately high.

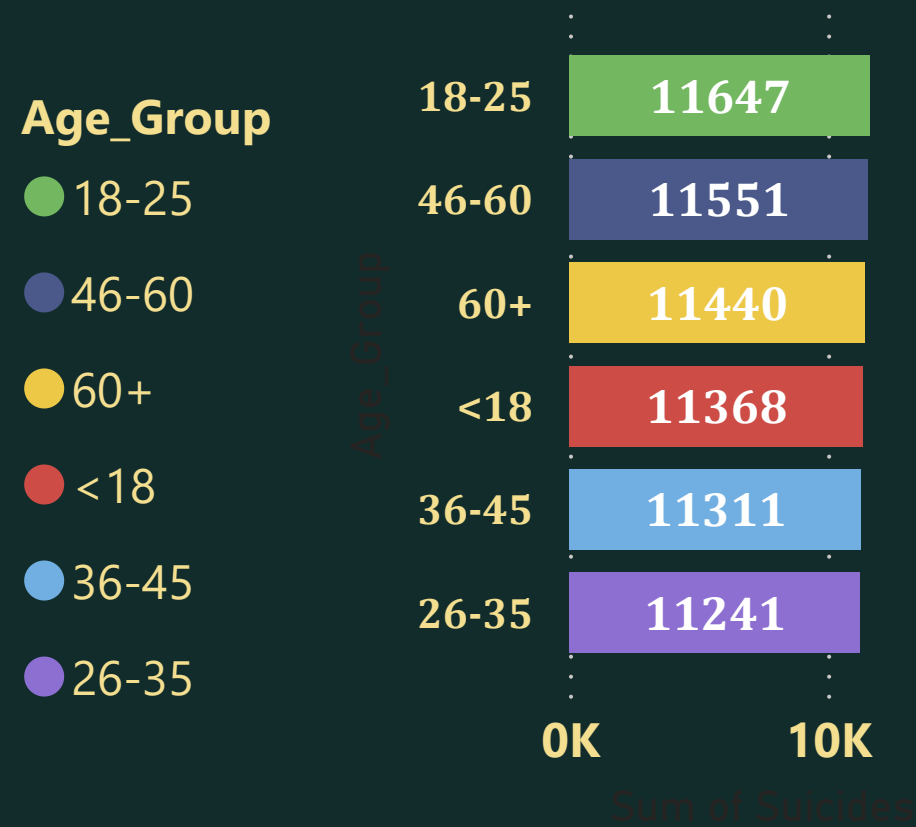
1. Program Effectiveness

- Expand **teletherapy services** (high adoption, scalable in rural areas).
- Optimize **TV campaigns** by combining with digital/social channels to reach youth.

1. Sustaining Decline

- Strengthen early warning systems and real-time monitoring to keep the **3-year moving average** on a downward path.
- Invest in proactive measures in years where upward trends start (e.g., **2017-like spikes**).

Suicides by Age Group



YOY Suicide Growth % by Age_Group and Gender

