

A person with long blonde hair, seen from behind, looking out a window. They are wearing a blue and white striped shirt. The background is a blurred view of a building exterior.

Unveiling the Real Picture: A Professional Analysis of Suicide Data in India

Divyansh wangnue and Yash
Diwane ,Div 1(MIS :112103037
, 112103038)

• Introduction

The issue of suicide is a complex and sensitive topic that demands a professional analysis of the data to accurately understand the real picture. In India, suicide rates have been increasing steadily over the years, making it crucial to delve deeper into the statistics. In this article, we will reveal the facts to shed light on the ongoing crisis.



SUICIDE rates in India have been on the rise in recent years, with an estimated 1 in every 4 suicides globally occurring in India.

This presentation aims to provide a thorough analysis of the current situation in the country.



•Overview of Suicide Rates in India

The Current Scenario

Suicide cases in India have been rising consistently, with a 23% increase over the past decade. Factors like mental illness, financial difficulties, and relationship problems contribute to the alarming statistics. We need to take a closer look at the numbers to understand the magnitude of the problem and work towards effective solutions.



Suicide Statistics

In 2019, India recorded a total of **139,123 suicides**, making it the leading cause of death for individuals aged 15-39.

Additionally, **70% of all suicides were male**. The presentation will delve deeper into these statistics and their underlying causes.



•Demographic Analysis of Suicide Victims

Understanding the Victims

Analyzing data based on demographic factors such as age, gender, and location can provide valuable insights into the patterns of suicide cases. This data can help us understand the vulnerable groups and tailor solutions accordingly. Let's take a closer look at the numbers.

HANGING IS THE MOST COMMON WAY TO COMMIT SUICIDE

DATA FROM THE NATIONAL CRIME RECORDS BUREAU SHOWS THAT MORE THAN HALF THE PEOPLE WHO COMMITTED SUICIDE IN 2019 HANGED THEMSELVES

BY HANGING
53.6%

BY POISON
25.8%

BY OTHER MEANS
5.8%

DROWNING
5.2%

FIRE/SELF-IMMOLATION
3.8%

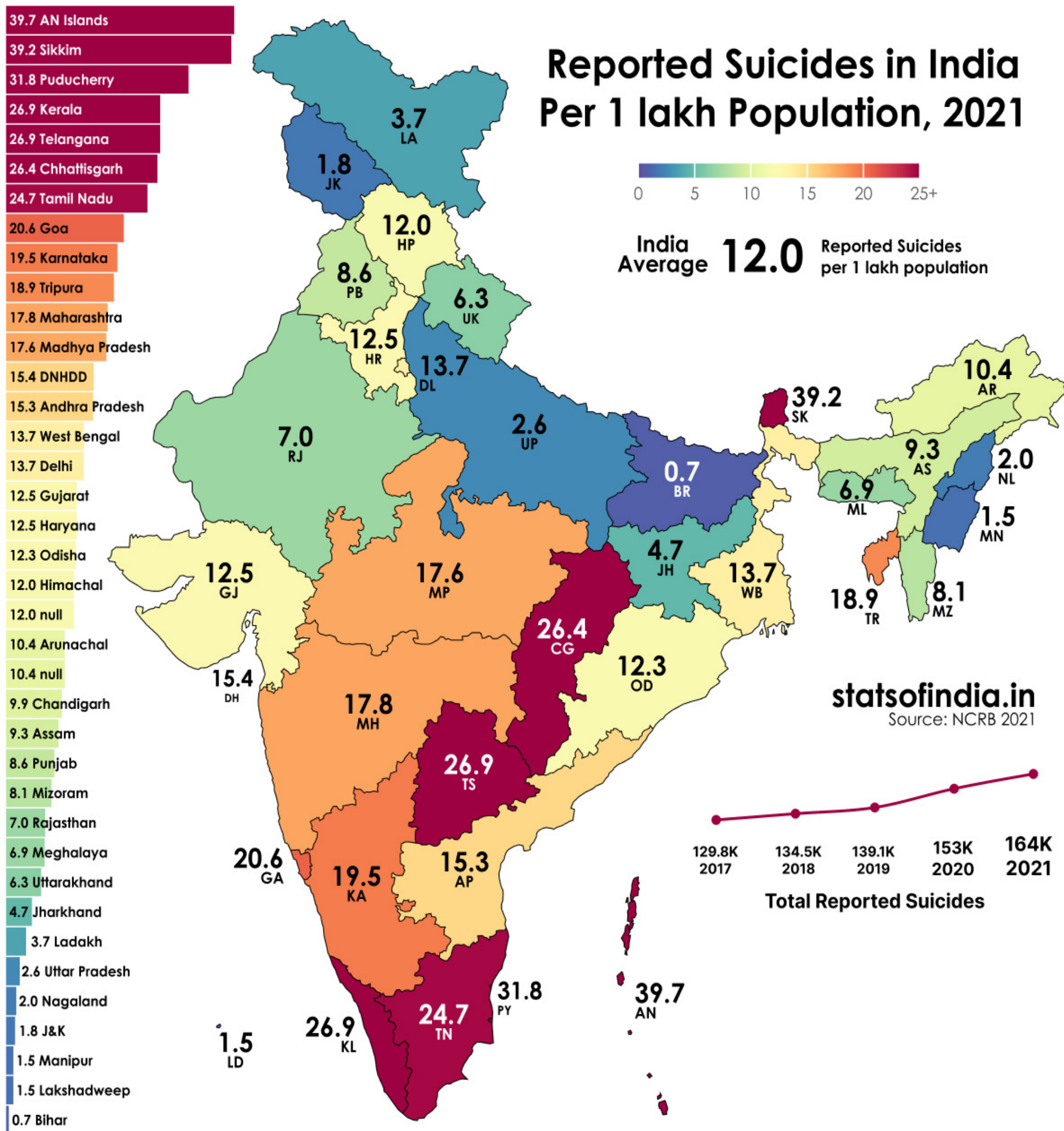
BY COMING UNDER RUNNING VEHICLES/TRAINS
2.4%

BY JUMPING
1.5%

BY SELF-INFLICTING INJURY
0.6%

CONSUMING SLEEPING PILLS
0.5%

FIREARMS
0.3%



Regional Variation

India is a diverse country with varying cultural, social and economic factors that influence suicide rates.

Southern states of India have been reported to have the highest suicide rates in the country, with **kerela** being the state with the highest rates.



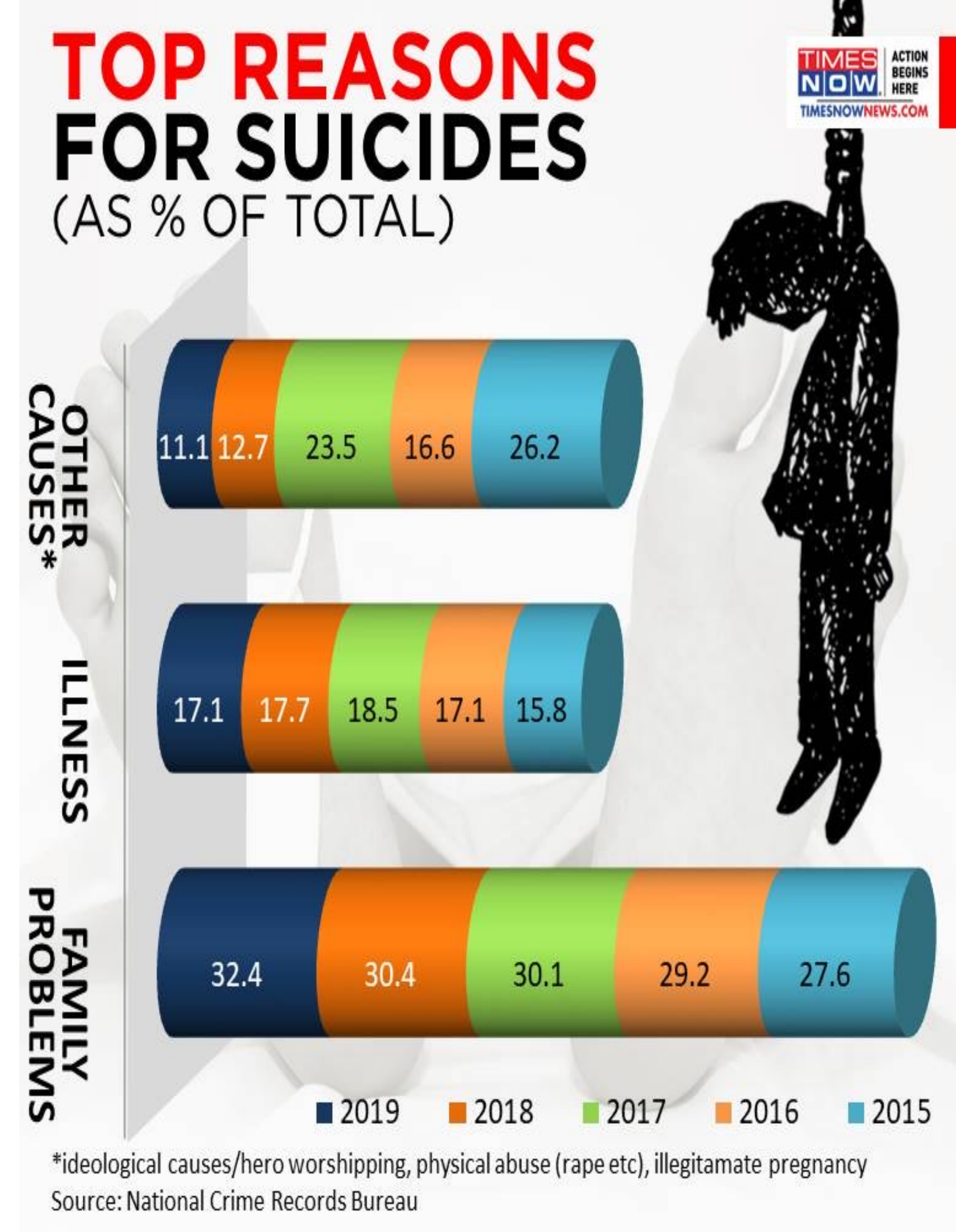
Underlying Causes

Suicide is a complex issue with multiple underlying causes. Several factors such as **mental illness, economic distress, and social isolation** have been identified to contribute to suicide rates in India. The presentation will explore these factors in detail.

•Contributing Factors to Suicide

Various Factors at Play

Suicide is often a complex issue with no single cause. Factors such as mental health, relationship difficulties, money problems, and substance abuse and rape can contribute to suicide. Understanding these factors can help in creating effective prevention strategies. Let's delve deeper into the contributing factors to suicide in India.



•Comparison to Global Suicide Rates

India's Suicide Rates in Global Context

India has one of the highest suicide rates in the world. This section will provide a comparative analysis of India's suicide rates with global rates. Understanding this context is essential to develop effective prevention strategies to tackle this issue.



Source: Dandona et al; Lancet, 2018

•Prevention Strategies and Programs

Prevention Strategies and Programs

What are the different prevention strategies and programs implemented by the Indian government to address the issue of suicide? This section will provide an in-depth analysis and evaluation of the effectiveness of these strategies in reducing suicide rates in the country.

Strategies to Prevent Suicide



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access to and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

•Conclusion and Call to Action

Actionable Insights

Through professional analysis of suicide data in India, we have gained actionable insights to address this critical issue. It's time to implement evidence-based strategies and programs to reduce suicide rates in the country.

Call for Collaborative Efforts

Reducing suicide rates requires a collaborative effort between the government, healthcare professionals, NGOs, and individuals. Let's work together to create a safe and supportive environment for those struggling with mental health issues.

