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High **risk of suicide** among people bereaved by **suicide**  
  
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India, where a **suicide** occurs every four minutes, could learn from this new finding released by the University King College, London.

People bereaved by the sudden death of a friend or family member are 65% more likely to attempt **suicide** if the deceased died by **suicide** than if they died by natural causes, said the study published in BMJ Open on Tuesday.

The lesson for India, as well as the rest of the world, from this study is that families and friends of **suicide** victims should be looked at closely for signs of depression. Such a mental health watch would prevent further **suicides**.

The King College researchers studied 3,432 UK university staff and students, aged between 18 and 40, who had been bereaved by **suicide**. Apart from the increased **risk of suicide** attempt, the study found that those bereaved by **suicide** were also 80% more likely to drop out of education or work.

A press release put out by the university quoted study's author Dr Alexandra Pitman as saying, "We know that people can find it difficult to know what to say to someone who has **recently been bereaved**. However, saying something is often better than saying nothing, and simple gestures like offering practical help with day-to-day activities can mean a lot."

The study found that **suicide** is still considered a taboo subject even in developed societies like Britain. "However, avoiding the subject can make a bereaved person feel very isolated and stigmatised, and sometimes even blamed for the death. People bereaved by **suicide** should not be made to feel in any way responsible, and should be treated with the same compassion as people bereaved by any other cause."

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