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## **Relation Between Suicidal behaviour and Depression.**

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### **Introduction**

It is difficult to get an accurate estimate of the prevalence of suicidal behaviour in India due to a lack of data that is comprehensive as well as underreporting of the problem. Suicidal behaviour is a sensitive and complicated issue in India. However, studies indicate that the prevalence of suicidal behaviour in India is relatively high when compared to other countries around the world.

According to the findings of the National Mental Health Survey conducted in 2016, the lifetime prevalence of suicidal attempts in India was 0.9%, while the prevalence of suicidal ideation stood at 3.1%. According to the findings of yet another study that the World Health Organisation (WHO) carried out in 2019, India is estimated to have the highest suicide rate in the South-East Asia region, with a rate of 16.5 suicides for every 100,000 people in the country.

The high prevalence of suicidal behaviour in India can be attributed to a number of factors, including social and economic disparities, the stigma and discrimination associated with mental illness, limited access to mental health services, and cultural and religious beliefs that may discourage people from seeking help for mental health issues.

It is important to note that efforts to prevent suicide in India are increasing, with the government and various organisations taking steps to increase awareness about issues relating to mental health and to provide support and resources to those who are at risk of committing suicide.

Depression and suicidal behaviour are two difficult issues that have been linked to one another in a variety of ways. Both of these conditions are complex. Depression is a condition that affects mental health that is characterised by an ongoing feeling of sadness, hopelessness, and loss of interest in activities that one typically enjoys doing. On the other hand, when we talk about suicidal behaviour, we're referring to when someone takes their own life on purpose. People who suffer from depression have a greater risk of suicidal behaviour, and those who do not suffer from depression have a lower risk of attempting suicide. Depression is a significant risk factor for suicidal behaviour. In the following paragraphs, we are going to discuss the correlation between clinical depression and suicidal behaviour.

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### **Depression as well as Behaviours Towards Suicide**

Depression is a major contributor to the risk of engaging in suicidal behaviour. Studies have shown that individuals who suffer from depression have a significantly higher risk of attempting suicide compared to individuals who do not suffer from depression. The relationship between mental illness and suicidal tendencies is a complicated and multifaceted one. Depression can cause a person to feel hopeless and helpless, which can increase the likelihood that they will engage in suicidal behaviour. People who suffer from depression may have the perception that their circumstances are hopeless and that there is no escape route from their anguish and distress. This sense of helplessness can lead to thoughts of suicide and, ultimately, to the act of suicide being attempted.

There is not always a direct correlation between depressive symptoms and actions that could be considered suicidal. It's possible that some people with depression won't ever have suicidal thoughts or try to kill themselves, while other people with depression might have suicidal thoughts but never actually kill themselves. The severity of depression, in addition to the presence of other risk factors, such as a history of trauma or substance abuse, can both play a role in determining the likelihood that suicidal behaviour will occur.

Depression is associated with a number of risk factors for suicidal behaviour in patients.

People who suffer from depression are more likely to engage in suicidal behaviour due to a number of different risk factors. These are the following:

1. Previous Suicide Attempts: People who have previously made an attempt at suicide have a significantly increased risk of attempting suicide again in the future.

Abuse of Substances: Abuse of substances can increase the risk of suicidal behaviour in people who already suffer from depression.

3. **Co-Occurring Mental Health Conditions:** People with depression who also have other mental health conditions, such as bipolar disorder or anxiety disorder, are at a higher risk of engaging in suicidal behaviour. This is due to the fact that people with multiple mental health conditions tend to have more severe symptoms of their conditions.

People who come from families in which there is a history of suicide have a higher risk of attempting suicide themselves compared to people who do not come from families with such a history.

5. **Having Access to Lethal Means** Having access to lethal means, such as firearms or drugs, increases the likelihood that an individual will engage in suicidal behaviour.

**Isolation from One's Peers** Isolation from one's peers and a lack of social support both have been shown to increase the risk of suicidal behaviour in people who suffer from depression.

7. **Trauma:** People who suffer from depression are more likely to engage in suicidal behaviour if they have experienced a traumatic event, such as physical or sexual abuse.

#### Interventions to Prevent Suicidal Behaviour in Depressed Patients and Individuals

It is necessary to take a multifaceted approach in order to prevent suicidal behaviour in people who suffer from depression. This approach should target both the underlying depression as well as the risk factors for suicidal behaviour. The following methods might be useful in this situation:

1. **Seek Professional Help** People who suffer from depression and who have suicidal ideation should seek the help of a mental health provider in order to get professional help. It is possible for suicidal behaviour to be reduced through the use of treatment for depression, such as medication and therapy.
2. **Restrict Access to Deadly Means** Patients with depression who are at high risk of engaging in suicidal behaviour should have their access to deadly means, such as firearms and drugs, restricted.
3. **Create a Support System** Creating a support system consisting of family, friends, and professionals in the field of mental health can assist people who suffer from depression in reducing feelings of social isolation and increasing their sense of belonging to a group.
4. **Treat Co-Occurring Mental Health Conditions** People who have depression and also have other mental health conditions, such as bipolar disorder or anxiety disorder, should get treatment for those additional conditions in addition to their depression treatment.
5. **Take Action Against Substance Abuse** People who suffer from depression and who are also substance abusers should seek treatment for their substance abuse, as substance abuse can increase the likelihood of engaging in suicidal behaviour.
6. **Take Action to Address the Trauma** People with depression who have been through traumatic experiences, such as being sexually or physically abused, should seek treatment for their depression.

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## Conclusion

In conclusion, there is a significant correlation between depressive symptoms and suicidal tendencies or behaviours. Research has shown time and again that depression is one of the most significant risk factors for suicidal behaviour, and that people who suffer from depression have a greater likelihood of attempting or completing suicide. Depression can result in feelings of hopelessness, worthlessness, and despair, all of which can contribute to thoughts and behaviours that are suicidal in nature. In order to reduce the risk of suicidal behaviour, it is essential to diagnose and treat depression. Individuals who receive effective treatment for their depression, such as medication, therapy, and support from friends and family members, are better able to manage their symptoms and have a lower risk of taking their own lives. When it comes to lowering the risk of suicidal behaviour, early intervention and ongoing treatment for depression are absolutely necessary. It is critical to look for professional assistance if you or someone you know is exhibiting symptoms of depression or is having thoughts about ending their own life.

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