

Suicide and Self-Harm Issues Today: A Comprehensive Guide

Suicide and self-harm are serious public health concerns that affect millions of people worldwide. In the United States alone, suicide is the second leading cause of death for people aged 10-24 and the 10th leading cause of death overall. Self-harm, which includes behaviors such as cutting, burning, and hitting oneself, is also a major problem, with an estimated 1 in 5 adolescents engaging in self-harm at some point in their lives.

The causes of suicide and self-harm are complex and varied, but they often involve a combination of biological, psychological, and social factors. Risk factors for suicide and self-harm include:



Suicide and Self-harm (Issues Today Book 87)

by Ben Mercer

★★★★☆ 4.5 out of 5

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Mental health conditions, such as depression, anxiety, bipolar disorder, and schizophrenia. Personality disorders, such as borderline personality disorder and antisocial

personality disorders Eating disorders Substance abuse
Trauma Bullying Cyberbullying Social media use Access to firearms

The warning signs of suicide and self-harm can be difficult to spot, but they can include:

Talking about wanting to die or kill oneself Giving away possessions
Making a will Saying goodbye to loved ones Withdrawing from social
activities Changes in mood or behavior Increased risk-taking behaviors
Self-harm

If you are concerned that someone you know may be at risk for suicide or self-harm, it is important to take action. You can:

Talk to them about your concerns. Encourage them to seek professional help. Stay with them until help arrives. Call the National Suicide Prevention Lifeline at 1-800-273-8255.

Treatment and Prevention

There is no one-size-fits-all treatment for suicide and self-harm, but there are a number of effective treatments available. These treatments include:

Therapy, such as cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) Medication, such as antidepressants and antipsychotics Hospitalization Support groups

Prevention is also an important part of addressing suicide and self-harm. Prevention efforts can focus on:

Raising awareness of suicide and self-harm
Reducing risk factors
Increasing protective factors
Providing support and resources to those at risk

Suicide and self-harm are serious public health concerns, but they are also preventable. By raising awareness of these issues, reducing risk factors, and increasing protective factors, we can help to save lives.

If you or someone you know is struggling with suicide or self-harm, please seek help. There is hope and help is available.

Resources

National Suicide Prevention Lifeline: 1-800-273-8255
The Trevor Project: 1-866-488-7386
Crisis Text Line: Text HOME to 741741
American Foundation for Suicide Prevention: <https://afsp.org/>
National Alliance on Mental Illness: <https://www.nami.org/>



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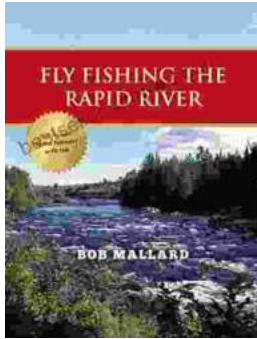
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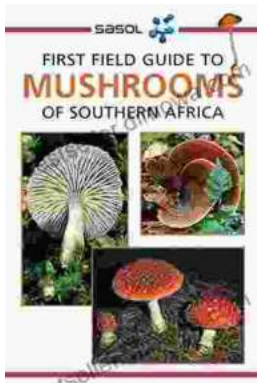
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