



## Saying “Yes” to Life and “No” to Suicides (World Suicide Prevention Day Editorial Comment)

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Life, in any form is considered the greatest gift of all. The great almighty made this world for a peaceful co-existence among all beings. However, as human life progresses, there are various issues (cultural, social, political, economic, etc.) that can lead to a person committing suicide. The loss of such a life in an instant pains me to the core. Before more light is shed on the plague of suicide that is occurring at the rate of approximately every 40 seconds,<sup>1</sup> I congratulate the International Healthcare Research Journal (IHRJ) for their glorious one and a half years of publication, and wish them the very best for their bright future.

The theme chosen for this year’s World Suicide Prevention Day is : ‘**Working Together to Prevent Suicide**’, which focusses on the most important aspect of suicide prevention: Collaboration and a commitment from people across the globe to prevent suicides, Identify those people at risk and motivate them about the better things in life and giving them a reason to live. Whatever the reason may be; losing one’s life by committing suicide is a grave act. The person leaves behind a grieving family, which shall be burdened by the untimely loss of their dear ones.

An important aspect of this day is to provide confidential counselling to those who contemplate committing suicide. Governments, NGO’s have helplines that are available round the clock with well qualified and trained people adept in handling such situations.

The situation worsens in India, with 1,35,000 suicides (17%) of the 8,00,000 suicides committed globally every year.<sup>2</sup> The National Crime Records Bureau

(NCRB) States that every hour, one student commits suicide in India.<sup>2</sup> More suicide deaths have been seen in southern India. The reasons for this act can vary. From unemployment, failing in exams, depression, bullying, social stigmas to a feeling of worthlessness, the reasons can be plenty.

It is also a well-known fact that suicide is preventable and hence, efforts are required that people (Parents, peers, teachers) should generally be aware to note any sudden change in the behavior of a person. Once the suspicion is confirmed, the matter needs to be dealt sensitively, probably with a confidant, or at times, with professional care as the situation demands.

In my personal opinion, no country should bear the loss of people who commit suicide, as they are also a part of the fabric of the community that binds them together. With paying little attention in behavioral changes, spreading knowledge and providing timely attention, the suicide rates across the globe can be drastically reduced.

In the end, I would like to thank the entire editorial team of IHRJ for providing me a platform to pen my thoughts on the important occasion of World Suicide Prevention. I would like to sign off by Quoting CS Lewis: “*There are far, far better things ahead than what we leave behind*”

### REFERENCES:

1. <http://wspd.org.au/>
2. <https://www.thebetterindia.com/108700/suicide-prevention-a-growing-public-health-concern-in-india/>

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