



On Suicide

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Abstract

Suicidal depression is a growing problem in our modern society, especially among the young. Our world is complex and difficult to manage. For some, it ends in self destruction. Prevention should be paramount by having a well structured and balanced lifestyle.

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Introduction

There are various types of pain that lead a person to suicide or suicide attempts. See Table 1. At the core of all of them is hopelessness-despair. I have listed a few of the major types of pain that are common to suicide attempts.

They say suicide attempts is a cry for help. It is a lot harder to self destruct that one would think although many people consider suicide as a way out of their distress.

Most people do not want to die but they are exhausted from the nagging pain. Suicide seems to be the only way out.

When someone is in suicidal pain, it is essential that they do not lose hope: despair. They must come to understand that there is value in redemptive suffering. If they embrace the pain; it can become a tool to combat the despair. The sufferer needs an alternative way of looking at things. This can come from a suicide hotline or psychiatric or psychological treatment.

The society has a role to play in combating suicide. Lack of acceptance could vanish if people were taught how damaging lack of acceptance really is.

People with medical problems need either a psychiatric or psychological treatment. Psychologist can now treat psychiatric problems with prescriptions.

Access to social housing and jobs are essential to good mental health. In the words of one psychologist, *Life does not happen without a job*. Joblessness can lead to homelessness without family or social support.

For the elderly, a faith in a supreme being is essential as the Golden years are not all that golden. Religious faith, taken in reasonable doses can be a great deterrent to suicide.

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To combat bullying in the schools, there needs to be monitoring in the school by the teachers or by a school psychologist. Investing in young people at an early age pays benefits for a lifetime. Kids should be taught self defence. As for drug abuse, kids should be taught the problems that come with drug use at an early age.

At the root of homelessness is joblessness. Work programs as well as social housing would help alleviate the problem.

Bullying at school and in the workplace and in marriages is perpetrated by psychopaths. Screening should be done to prevent the bullies from terrorizing the meek.

A stressful occupation such as policing can be managed by stress management techniques including exercise and comradery. If that does not work, transition to a new type of occupation may be helpful.

Biochemical depression can only be treated with pharmaceuticals such as Prozac for example.

A healthy, regular nutritious diet is essential to mental well being. Sometimes, people who are suicidal can not afford a healthy diet. Government programs to encourage healthy diet is essential to wellness.

The cure for alcoholism is to never start drinking in the first place. Alcoholics start drinking at an early age. Governments should control underage drinking.

Legal troubles, and the threat of going to prison sometimes results in suicide. Just the threat of legal trouble is enough to evoke suicide attempts.

Sex crimes such as abortion and incest lead to a guilty conscience. Easy access to abortion is to be avoided.

Excessive anxiety can result for a lack of exercise, sex, or worry. It can be combatted by regular exercise and medication if necessary.

Family structure which has a father and a mother who are married and stay married who have conjugal relations after the wedding are essential to the well being of the children. Mothers should look after their own children instead of working outside the home.

Governments should ensure profitable employment for their citizens. There should not be big gaps in wealth which can be managed by taxation.

The various type of situations that can lead to suicide attempts include Guilt; Physical Injury; Mental Injury; Biochemical Depression; Poor Diet /Lack of Exercise; Family and Work Life; Finances; Grieving; Sexual Identity; Old Age/Despair; Substance Abuse and Relationships.

Suicide attempts occur when the patient can not stand the status quo and sees no other way out. Training young people in school to see situations from a variety of angle is suggested. Education in subjects like mathematics lead to tunnel vision and a lack of creative thinking. Logic is emphasized too much in the current educational system. It is better to teach Art.

Table 1

Type of Suicidal Pain	Antidote
Social /Family Pain	Well structured families
Physical pain (back, teeth, head aches)	Medication/ Treatment
Ostracized	Acceptance
Social shame (calumniate)	Acceptance
Economic pain (cash flow, excessive debt)	Guarantee Minimum Income
Mental pain	Psychiatry Treatment
Grieving	Acceptance
Loss of purpose	Social Assistance
Homosexuality /Sexual Identity	Acceptance
Old Age	Faith – value in suffering
Drug Abuse	Drug Use Prevention
Homelessness	Social housing
Bullying	Self- Defence /Education
Stressful Occupation (e.g., Policing)	Find new employment
Biochemical Depression	Antidepressants
Diet	Balanced nutrition
Alcoholism	Temperance
Legal troubles	Stress/Pressure release
Abortion	Guilt Admission
Incest	Guilt Admission
Anxiety	Exercise/ Medication

Conclusion

The treatment for avoiding suicide is not to lose hope: “*Better days ahead.*” However, suicide can be intransigent. It takes a lot of courage to kill oneself -sometimes more courage than it takes to live. Living in constant pain is difficult to bear -too much for some.