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News: Union government launched first Suicide Prevention Policy

National Suicide Prevention Strategy

- Recently, Union government of India announced the National Suicide Prevention Strategy, the first of its kind in the country, with time –bound action plans and multi – sectoral collaborations to achieve reduction in suicide mortality by 10% by 2030.
- The strategy broadly seeks to establish effective surveillance mechanisms for suicide within the next three years, establish psychiatric outpatient departments that will provide suicide prevention services through the District Mental Health Programme in all districts within the next five years, and to integrate a mental well-being curriculum in all educational institutions within the next eight years.
- It envisages developing guidelines for responsible media reporting of suicides, and restricting access to means of suicide.

Backdrop

- In India, more than one lakh lives are lost every year to suicide, and it is the top killer in the 15-29 years category.

- In the past three years, the suicide rate has increased from 10.2 to 11.3 per 100000 people, the document records.
- The most common reasons for suicide include family problems and illnesses, which account for 34% and 18% of all suicide-related deaths.