

World Suicide Prevention Day 2022: Creating Hope Through Action

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The three-year theme for World Suicide Prevention Day (WSPD) from 2021 to 2023 is "Creating hope through action." The concept encourages everyone to resist giving in to difficult circumstances by serving as a reminder that there are alternatives to suicide. The theme "Creating hope Through Action" conveys a sense of compassion, support, and hope.

Around the world, 7,03,000 people take their own lives. There are 20 people who attempt suicide for every single death due to suicide and many more have strong suicidal thoughts. Millions of others experience severe grief or are adversely affected in other ways by suicidal activity.¹

India had 1.64 lakh staggering suicides in 2021, the most ever in a calendar year. In comparison to the years before the coronavirus disease-2019 (COVID-19) outbreak, the National Crime Records Bureau reported a high increase in these deaths during the years 2020 and 2021. In the entire world, suicide accounts for one in every 100 fatalities. Every one of us can be impacted by it. Every single suicide is devastating and has a significant effect on people around it. The purpose of World Suicide Prevention Day is to promote action through recognized channels that will lower the number of suicides and suicide attempts worldwide.

The single biggest risk factor for suicide in the general population is having attempted suicide before. Among those aged 15–19, suicide ranks as the fourth most common cause of death. The fact that 77% of suicides worldwide take place in low- and middle-income nations is the cause for concern. Among the most popular suicide techniques used worldwide are pesticide ingestion, hanging, and using a weapon. One can drastically lower the number of suicides worldwide by raising awareness, lowering the stigma associated with it, and promoting informed action.

World Health Organization (WHO) created "WSPD in 2003. Every year on September 10th, a spotlight is thrown on the issue, stigma is reduced, awareness is increased among organizations, the government, and the general public, and most significantly, the message that suicide can be prevented is disseminated.²

By creating hope through action, one can scale up the resources and courage to signal to those who have been haunted by suicidal thoughts that there is certainly hope and that one really cares and let us do everything to help those in need. Basically, it also suggests that our sincere actions can provide a glimmer of hope. Additionally, hope through action emphasizes the importance of accomplishing suicide prevention a top priority. Efforts must target pathways where access to mental health services is limited. There is a need

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to spread this message for three consecutive years so that one can envision a world where the suicide rate is very small and the idea of suicide is extremely low.³

By encouraging understanding, participation, and sharing of experiences, there is a need to connect with people with confidence needed to take action. Insights and stories from people who have had unsuccessful suicide attempts will be of great help in helping others better understand the consequences of suicide and encouraging people to reach out for support and help someone, especially individuals who seek timely help. An individual's personal stories of suicide experiences, thoughts, or attempts and their rehabilitative experiences can signal hope for others. Sharing traumatic experiences of suicide and how they live a normal life can help other victims of suicide loss understand the brutality of suicide and believe that they will be able to live through and endure loss. You can be the light and be the light.⁴

By creating hope through action, one can always deliver a panacea and cure. It also empathetically pronounces that the actions of everyone either big or small can bring relief. Furthermore, it highlights the importance of making suicide prevention a top priority on the public health agenda in countries around the world, especially as interventions that are evidence-based.⁵

All can play a role in supporting those in crisis of suicide or those who have lost a loved one to suicide, whether as a member of society, as a child, as a parent, a friend, a colleague, or a person with life experience. Also need to encourage understanding of the problem, reach out to those in need, and share experiences. By these, one can all create hope through action and be the light.^{6,7}

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