

IF YOUR FRIEND IS SUICIDAL

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INTRODUCTION

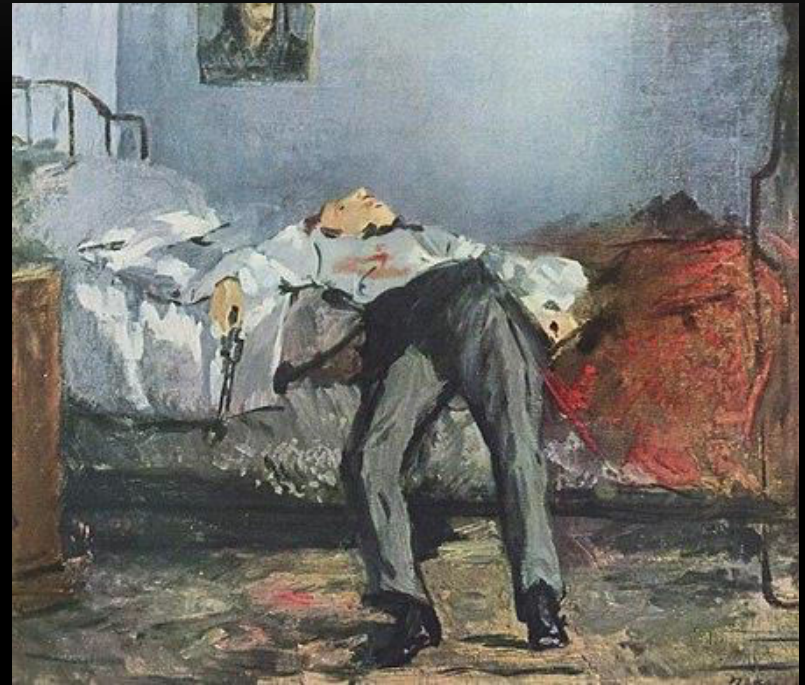
- The theme of the project is very actual for modern times. More and more teenagers with a future, a whole life to live in front of them and an immense potential for greatness are choosing to end it all far too soon. It is crucial to address this issue as soon as possible, attract the general public's attention to it and take immediate action before it is too late.

AIM, PROBLEM, THESIS

- The aim of this project is for it to serve as a tool in the global fight against teen suicide
- The problem of this project is to answer two questions:
 1. Is suicide among teenagers in the 21st century prevalent enough to be considered an urgent public health hazard and a social crisis?
 2. Is the immediate social circle of young suicidal people better at helping their peers stay alive than professional psychologists and psychiatrists?
- The thesis of this project is that suicide in teenagers is an ongoing worldwide social crisis of the 21st century, having affected the majority of people belonging to this strata. The only way to reduce the number of youth who choose to end their lives is to teach their peers to provide first psychological aid if and when such a situation ever occurs.

SUICIDE IN THE 21ST CENTURY: A CRISIS

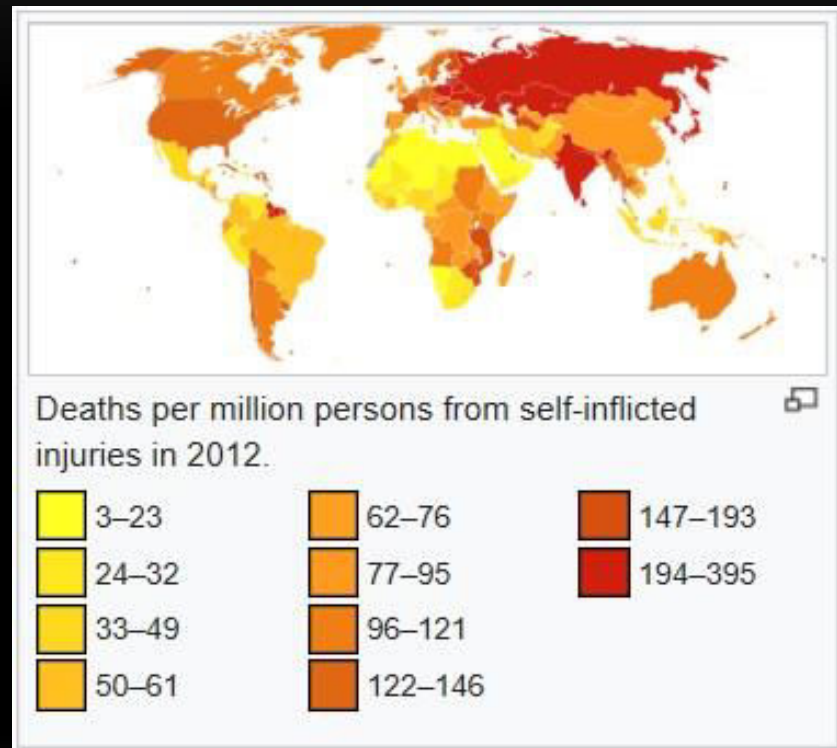
- Suicide (from Latin “sui caedere”, “to kill oneself”) is the act of intentionally causing one’s own death.



“The Suicide” by Edouard Manet, 1881

SUICIDE IN THE 21ST CENTURY: A CRISIS

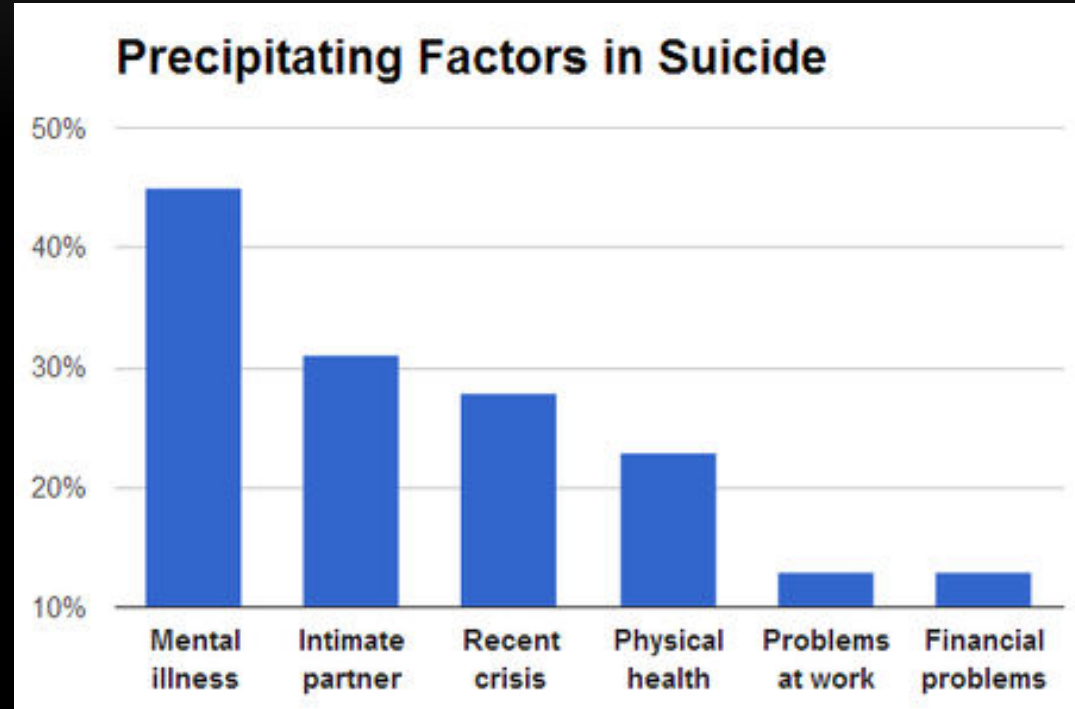
- Worldwide, more people die by suicide than by war or murder.
- Rates of suicide have increased by 60% since the 1960s.
- An estimated 1 million people die by suicide a year.
- A suicide occurs roughly every 40 seconds.
- In the majority of countries, males are more likely to die by suicide than females.



Statistics provided by the World Health Organization

CAUSES OF SUICIDE

- The reasons to commit suicide generally fall under one of the following categories:
- Mental determinants.
- Social determinants.



VULNERABILITY OF THE YOUTH

- The onset of suicide happens around 15-30 years of age.
 - The absolute number of suicides is greatest in those aged 15-29.
 - Suicide rates in youths have tripled between the 1960s and 1980s.
 - In the USA, suicide is the third leading cause of death for teenagers.
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UNITED STATES AND RUSSIA: A GRAVE DIFFERENCE

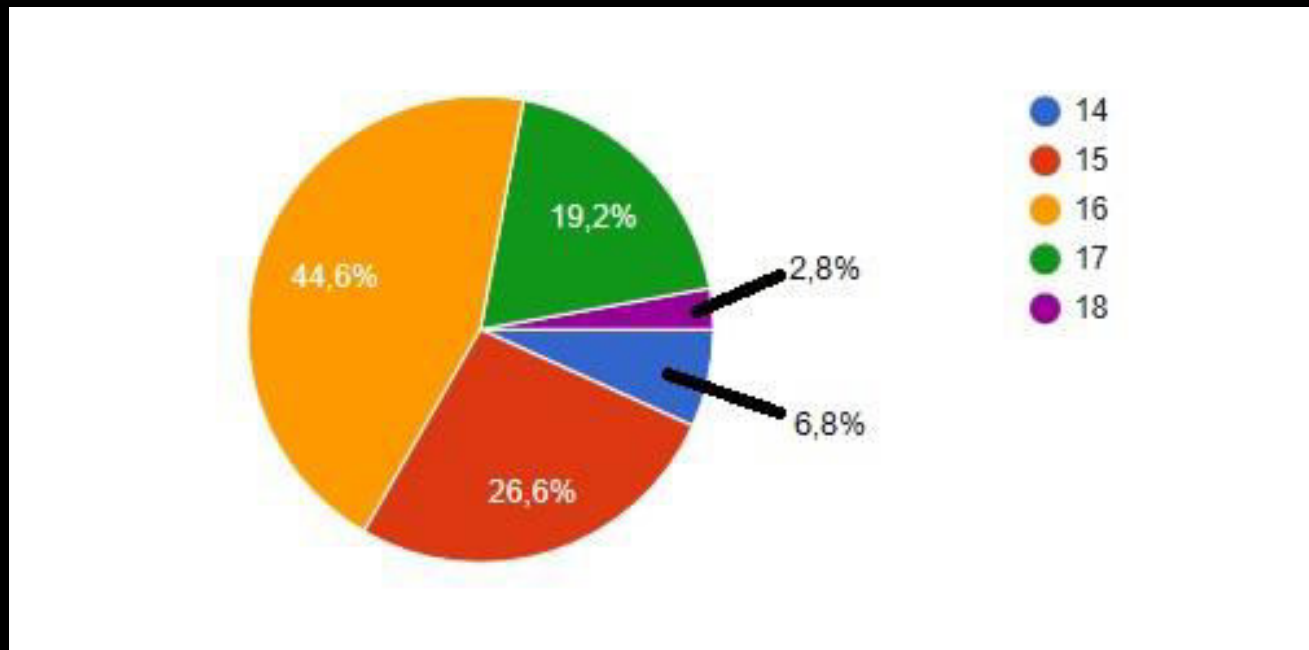
- In the Western and Eastern world, different views are observed in regard to mental illnesses and suicide.
- Studies have shown that Russians consider depression, a direct risk factor of suicide, to be a weakness of character that should not be cured by doctors.
- There is significant stigma surrounding mental illness and suicide in Russia due to conservative views prevailing among the inhabitants, while in the USA it is considered a socially acceptable norm to openly talk about such topics.
- There is a visible correlation between stigmatization and rates of suicide, because those of Russia exceed those of America two times (approximately 60,000 versus approximately 30,000 cases yearly).

WHAT MOSCOW SCHOOL STUDENTS THINK

- A poll on the topic of difficult life circumstances was distributed to 9-11th grade students of school 1535.
- 177 students were anonymously asked the following questions.

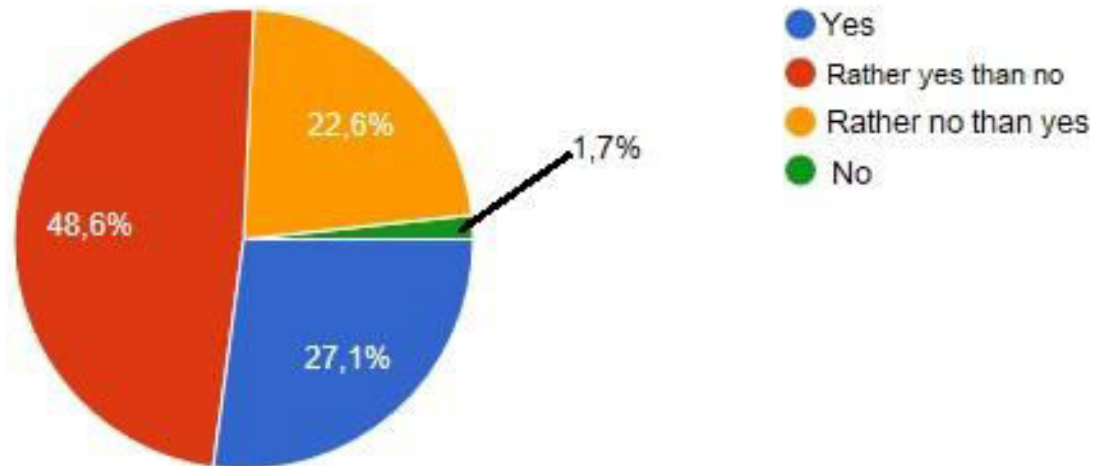
WHAT MOSCOW SCHOOL STUDENTS THINK

- How old are you?



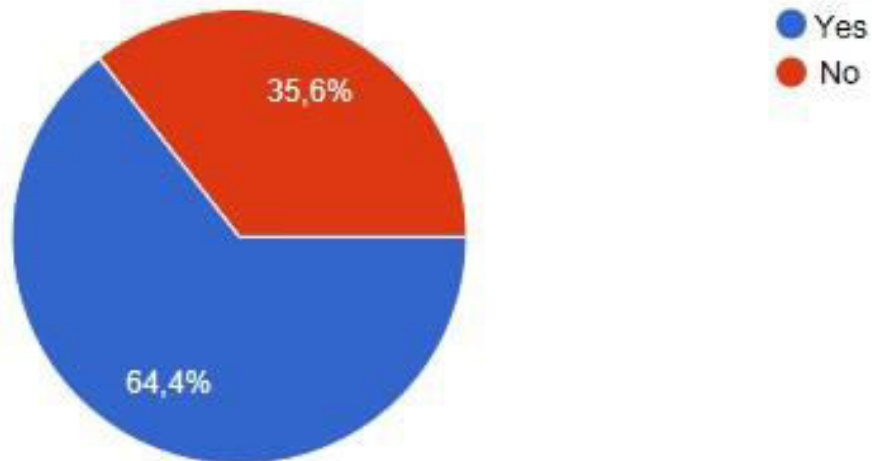
WHAT MOSCOW SCHOOL STUDENTS THINK

- At the moment, are you satisfied with your life?



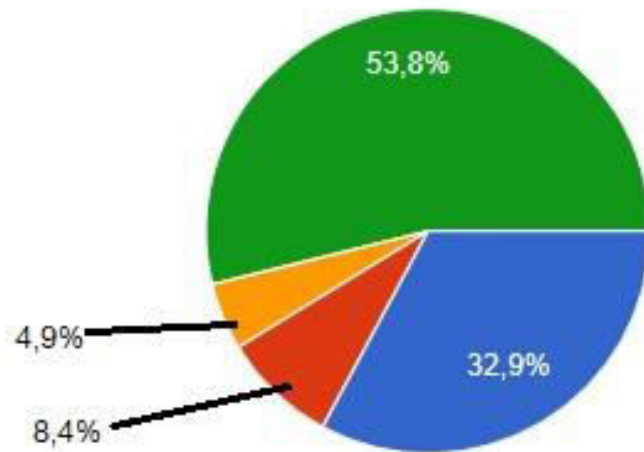
WHAT MOSCOW SCHOOL STUDENTS THINK

- Were you ever unsatisfied with life to the point of questioning whether it is worth living further?



WHAT MOSCOW SCHOOL STUDENTS THINK

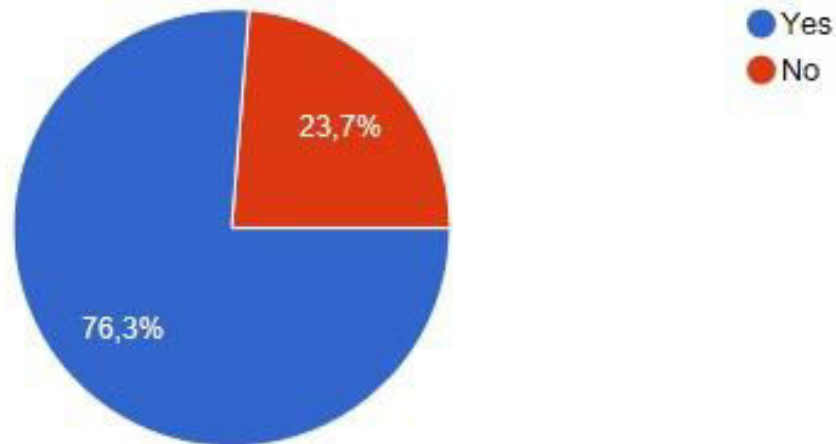
- If yes, how did you cope with this problem?



- I consulted with my friends and loved ones
- I sought professional psychiatric counseling, talked to psychologists or phoned crisis hotlines
- I asked my parents, teachers or other supervisors to help me
- I did not try to cope with this issue

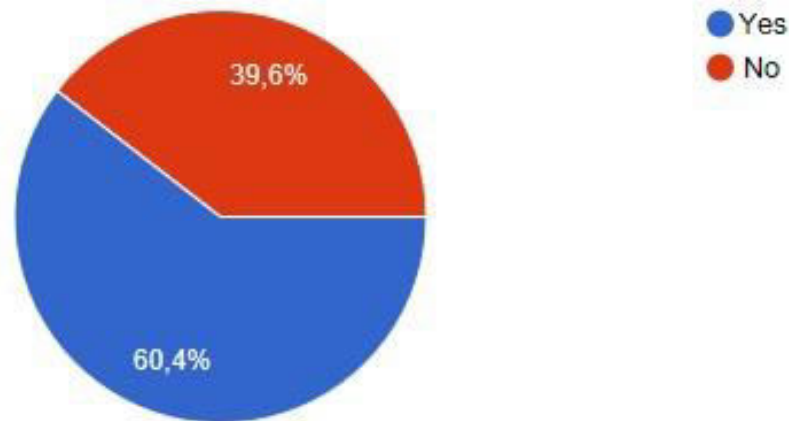
WHAT MOSCOW SCHOOL STUDENTS THINK

- Have you ever met, become acquainted with or befriended a person of your age who struggled with suicidal thoughts?



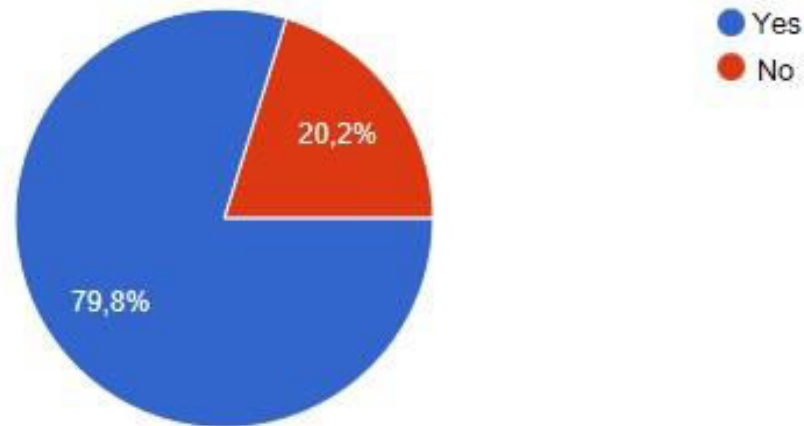
WHAT MOSCOW SCHOOL STUDENTS THINK

- If yes, did you manage to save this individual's life and alleviate their pain?



WHAT MOSCOW SCHOOL STUDENTS THINK

- In your opinion, would you be able to solve this situation better if you had more knowledge on first psychological aid in such cases?



THE OUTCOME

- The poll has proven the thesis. In conclusion, the problem questions can be answered as such: youth suicide is a worldwide urgent health hazards, and the peers of suicidal teenagers are more likely to be asked for help and advice rather than professional psychologists and psychiatrists, particularly in Russia. Therefore, the project has outlined a perspective path of action, and that is to teach young people the basic principles of dealing with a suicidal individual.

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THANK YOU FOR YOUR ATTENTION!

