National Suicide Prevention Strategy

For Prelims: Status of Suicides in India, National Crime Records Bureau, Accidental Deaths & Suicides in India Report

For Mains: National Suicide Prevention Strategy, Status of Suicides in India, National Crime Records Bureau, Accidental Deaths & Suicides in India Report

Why in News?

Recently, the Ministry of Health and Family Welfare, Government of India has announced the "National Suicide Prevention Strategy".

- It is 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 is in line with the <u>World Health Organisation's</u> South East-Asia Region Strategy for suicide prevention.

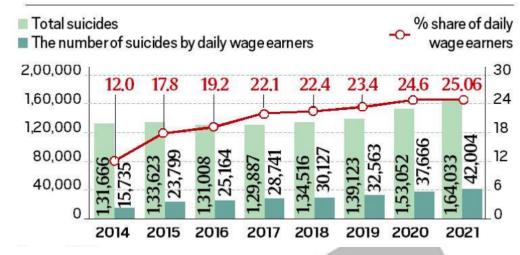
What is National Suicide Prevention Strategy?

- The strategy broadly seeks to establish effective surveillance mechanisms for suicide within the next three years.
- It seeks to establish psychiatric outpatient departments that will provide suicide prevention services through the District Mental Health Programme in all districts within the next five years.
- It also aims 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.

What is the Status of Suicides in India?

- National Figures:
 - 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.
 - From 2019-22, the suicide rate has increased from 10.2 to 11.3 per 1,00,000 population.
- <u>National Crime Records Bureau (NCRB)</u> has recently released report of <u>"Accidental Deaths</u> <u>& Suicides in India Report 2021"</u>. It provides the category wise records as follows:
 - Daily Wager:

RISING SUICIDE RATE OF DAILY WAGE WORKERS



- Daily wage earners remained the largest profession-wise group among suicide victims in 2021, accounting for 42,004 suicides (25.6%).
- The share of daily wagers death by suicide has crossed the quarter mark for the first time.
- At the national level, the number of suicides increased by 7.17% from the years 2020 to 2021.
 - However, the number of suicides in the daily wage group rose by 11.52% during this period.

• Farming Sector:

• The overall share of **"Persons engaged in farming sector"** among the total recorded suicides stood at 6.6% during 2021.

Profession Wise Distribution:

| Professionategory | 2020 | 2021 | % Share in total Suicides in 2021 | % Increase in suicides during 2021 |
|-----------------------------------|--------|--------|---|--|
| Daily Wage Earner | 37666 | 42004 | 25.6 | 11.52 |
| Other Persons | 20543 | 23547 | 14.4 | 14.62 |
| House wife | 22374 | 23179 | 14.1 | 3.60 |
| Self Employed Persons | 17332 | 20231 | 12.3 | 16.73 |
| Professional/Salaried Persons | 14825 | 15870 | 9.7 | 7.05 |
| Unemployed Persons | 15652 | 13714 | 8.4 | -12.38 |
| Students | 12526 | 13089 | 8 | 4.49 |
| Persons Engaged in Farming Sector | 10677 | 10881 | 6.6 | 1.91 |
| Retired Persons | 1457 | 1518 | 0.9 | 4.19 |
| Total | 153052 | 164033 | 100 | 7.17 |

- The highest increase of 16.73% was recorded by "self-employed persons".
- The <u>"unemployed persons"</u> group was the only one that saw a decline in suicides, with the number dipping by 12.38% from 15,652 in 2020 to 13,714 suicides in 2021.

• Reasons for Suicide:

- 33.2%: Family Problems (other than marriage related problems)
- 4.8%: Marriage Related Problems
- 18.6%: Illness
- State:
 - Maharashtra topped the country in terms of the number of suicides reported in 2021 followed by Tamil Nadu and Madhya Pradesh.
 - Maharashtra contributed 13.5% to the total number of suicides registered across the country in 2021.
- Union Territories:
 - **Delhi** recorded the highest number of 2,840 suicides.

What are India's Initiatives to Reduce Suicides?

- Mental Healthcare Act, 2017:
- MHA 2017 aims to provide mental healthcare services for persons with mental illness.
- KIRAN:
 - The Ministry of Social Justice and Empowerment has launched a 24/7 toll-free helpline <u>"KIRAN"</u> to provide support to people facing anxiety, stress, depression, suicidal thoughts and other mental health concerns.
- Manodarpan Initiative:
 - <u>Manodarpan</u> is an initiative of the Ministry of Education under Atmanirbhar Bharat Abhiyan. It is aimed to provide psychosocial support to students, family members and teachers for their mental health and well-being during the times of Covid-19.

What is the National Crime Records Bureau?

- NCRB, headquartered in New Delhi, was set-up in 1986 under the Ministry of Home Affairs to function as a repository of information on crime and criminals so as to assist the investigators in linking crime to the perpetrators.
- It was set up based on the recommendations of the National Police Commission (1977-1981) and the MHA's Task Force (1985).
- NCRB brings out the annual comprehensive statistics of crime across the country ('Crime in India' report).
 - Having been published since 1953, the report serves as a crucial tool in understanding the law and order situation across the country.

The Vision

Source: TH

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