

Suicide Prevention Article Analysis

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The article "Suicide Prevention: Putting the Person at the Center" focuses on the idea that the absence of hope in suicidal people is what needs to be corrected in order to decrease suicide rates. It states that suicide attempt rates have increased and deaths from suicide have decreased, implying that it is crucial to pay attention to what causes these people to want to take their lives, rather than focusing on whether or not they were successful. The article suggests that self-harm behavior is increasing significantly, and because self-harm is associated with suicide attempts, we need to place self-harm and other suicidal behaviors at the center of our focus in order to prevent suicide. In order to gain an understanding of why one may exhibit suicidal behaviors, we need to use a person-centered approach. Using this kind of approach can allow researchers to determine what emotions led an individual to possessing suicidal thoughts in the first place. The article emphasizes that these emotions (hopelessness, shame, anger, helplessness) are largely responsible for suicide attempts and self-harm. In order to understand what leads an individual to feeling suicidal and ultimately prevent them from committing, we need to pay attention to what clouds their minds emotionally.

This article suggests that in order to confront these preceding feelings head-on, we need to consider public campaigns that allow individuals to discuss their mental health and seek help for their suicidal ideations without the negative stigma that comes with it. People are able to obtain advice and help for their physical health problems without judgement; therefore, people with mental health issues and suicidal thoughts/behaviors should be able to seek the same kind of help without it being deemed "abnormal." We as a community also need to educate the youth on how to perform life skills and handle hardships without performing impulsive actions.

Along with using an individual-based approach to understand a person's emotional processes and ultimately prevent them from committing suicide, it is also important to reinforce the already-existing national multicomponent plan. This plan consists of multiple ideas that aim to decrease suicide rates, such as detecting and treating depression early, paying special attention to those who use drugs and alcohol, improving access to mental health services, and reducing access to lethal means.

To summarize, this article suggests that reinforcing the already-existing suicide prevention protocols and focusing more on each suicidal individual's emotional thought process can help in determining how to prevent suicide worldwide. I believe that suicide is a highly individualized emotional battle that many people endure, and in order to understand how to decrease the prevalence of it, we as a community need to take multiple approaches with the individual being at the center of it. In order to identify who is at risk for suicide, we need to be more mindful of those exhibiting concerning signals, such as those who seem depressed, those who could be performing preparatory acts, and those who use drugs and alcohol. Adding onto the other plans listed in the article, I believe it is also important to pay more attention to each individual's home life and stress levels when they come into contact with health professionals. I believe that all of the methods listed in this summary combined can help to prevent suicide and decrease rates of suicide.

Link to article:

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002938>