



# Dear Mental Health Professionals: Can We Work Together to Prevent Suicide?

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## Editorial

Dear Editor,

- As a mental health professional, several questions arise:
- Why does an individual leave behind the most precious thing-"life"-and decide to die?
- Why, in this era of advancement, are suicide rates rising?
- What are the reasons for the high number of suicide cases in developed nations?
- When is a person most prone to suicide?
- Who is responsible for the end of a person's life?

The list of questions is endless due to the gravity of this problem.

Let's look back at the history of mankind. Humans began living in groups during ancient times to protect themselves from dangerous wild creatures, natural calamities, and to enhance their productivity. Over time, these groups evolved into families and then societies, where everyone was valued and cared for in every way. However, in the 21<sup>st</sup> century, the concept of families and societies is deteriorating day by day.

Today, life is not as valued as it was in earlier times. Everyone is racing toward acquiring material possessions, which has become one of the primary causes of stress. This stress

pushes individuals into even more distressing states, often leading to depression if not timely addressed by the individual or mental health professionals.

Countries like South Korea, Japan, and Lithuania are very advanced in terms of technology, but this progress has not led to a reduction in suicide rates. The impersonal approach in work environments often leads to "burnout" and aggression among colleagues, which contributes to mental health issues.

In today's world, the rise of nuclear families is not only widespread but also negatively affects individuals' lives in many ways. The working class, often consisting of both husband and wife, finds themselves turning into programmed machines, losing essential human qualities such as sympathy, empathy, love, affection, and joy.

The digitalization of relationships has become a major barrier to sharing psychological issues with family and friends in person. While everyone may be "available" online, they are not present physically, especially due to long-distance workplaces. Family and friends left behind in villages or towns, who once formed the backbone of an individual's social support system, are no longer accessible.

A lack of family and friends, stressful urban lifestyles, and environmental factors such as noise, air, water, and light pollution are some of the major contributors to depression. This often results in suicides among individuals aged 35 to 50.

While everyone knows the term “suicide,” it’s essential to understand that there are different types, as identified by Durkheim:

1. Egoistic suicide-arising from a lack of integration within society.
2. Altruistic suicide-occurring when individuals are excessively integrated and sacrifice themselves for the group.
3. Anomic suicide-resulting from a breakdown of societal norms.
4. Fatalistic suicide-occurring when individuals face excessive regulation and feel trapped by rules and norms.

Ultimately, it is unbearable mental pain that drives a person toward suicide.

### **Suggestion for Mental Health Professionals**

Focus on fostering strong social connections, creating accessible mental health resources, and promoting a supportive community environment. Address stressors like workplace burnout, family disintegration, and digital isolation while raising awareness about the early signs of depression and the types of suicide.

### **References**

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