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The Increasing Suicide Cases

According to a report released by the Center for Disease Control and Prevention (CDC), suicide among people aged between 10 and 24 years increased by 60% between 2007 and 2018 (Dastagir n.p). The rise was experienced across all the states in America. At the same time, 9.7% of the youths reported severe major depression in 2020, the highest ever reported in the country. Worryingly, despite the increasing number of mentally ill youths, most of them do not receive the needed mental health treatment. 2017 and 2018 Mental Health America reported that 60% of mentally ill youths did not receive medical attention. The report further indicated that 27.3% of youths with severe depression received consistent treatment (Mental Health America n.p). Failure to attend to mentally ill people is directly related to the increasing suicide cases. Mentally ill people turn to suicide as a solution of last resort. Even though experts do not want to relate suicide to failure to provide psychological and medical support, mentally ill people turn to suicide because they are discriminated against by friends, families, councilors, and experts. Suicide is always preceded by early warnings and numerous red flags ignored by parents, friends, and councilors.

A sustainable solution to the increasing suicide rate is devising practical approaches to publicly campaigning against the stigma around mental illness. It is not right to discriminate against mentally ill people. The discrimination and stigma around mental illness make affected people not disclose their problems. Unfortunately, excess media attention has been turned to mental illnesses caused by violence (Cummins n.p). The high number of people who are a risk to themselves goes unmentioned. There is a need for a campaign to encourage mentally ill people to come out. Additionally, the campaign should sensitize people on the importance of being responsive to early suicidal signs shown by people around us.

Eradicating the discrimination and stigma around mental illness encourages people to seek help by sharing their challenges. Additionally, encouraging people to be attentive to early suicidal signs and help those affected to manage the situation can counter the increasing suicide cases. A report released by the Manchester University on trends in murder and suicide committed in England demonstrated the importance of closely managing patients diagnosed with mental illness. According to the report, since data collection and close management of mentally ill people in 1997, murders committed by mentally ill people have been reduced considerably. In 2010, England reported 33 such cases compared to 54 similar cases in 1997 (Cummins n.p).

Numerous experts have opposed the direct relationship between the increasing suicide cases and poor management of mentally ill people. For example, a report published by the Harvard Medical School observed an insignificant relationship between the care mentally ill people get to the increasing suicide cases (Skerrett n.p). According to the report, mentally ill people opt for suicide not because they have been ignored by society. Skerrett argues that most suicide cases happen out of the blue (n.p). Suicidal people do not show any early signs. Even though the Harvard Medical School report might be factual, the authors’ documents appear to overlook that most people ignore early signs shown by suicidal people. Most suicidal people communicate their intention jokingly, overlooked by people surrounding them.

Conclusively, the rising suicide cases, especially among youths, need immediate intervention. The increasing cases are closely related to the poor management of mentally ill individuals. Thus, a reasonable approach to countering the challenge is rolling out public sensitization campaigns to eradicate mental illness discrimination and stigmatization. Closely managing mental illness has been proved to counter suicide and murder cases done by mentally ill people (Cummins n.p). Nonetheless, a report published by the Harvard Medical School disregards the proposition that closely managing mentally ill people counters their likelihood of being suicidal (Skerrett n.p). The report argues that most people kill themselves without prior signals. This report is inaccurate because society has not been sensitized to early suicide signs.

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