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Nota di contenuto

Cover; CONTENTS; FOREWORD; PREFACE; ACKNOWLEDGEMENTS; Executive summary; Introduction; Global epidemiology of suicide and suicide attempts; Suicide mortality; Global and regional suicide rates; Suicide rates by sex; Suicide rates by age; The relative importance of suicide as a leading cause of death; Changes in suicide rates from 2000 to 2012; Methods of suicide; Suicide attempts; Self-reports of suicidal behaviour from surveys; Hospital-based data on medically treated suicide attempts; Risk and protective factors, and related interventions; Health system and societal risk factors

Barriers to accessing health care Access to means; Inappropriate media reporting and social media use; Stigma associated with help-seeking behaviour; Community and relationship risk factors; Disaster, war and conflict; Stresses of acculturation and dislocation; Discrimination; Trauma or abuse; Sense of isolation and lack of social support; Relationship conflict, discord or loss; Individual risk factors; Previous suicide attempt; Mental disorders; Harmful use of alcohol and other substances; Job or financial loss; Hopelessness; Chronic pain and illness; Family history of suicide

Genetic and biological factors What protects people from the risks of suicide?; Strong personal relationships; Religious or spiritual beliefs; Lifestyle practice of positive coping strategies and well-being; The current situation in suicide prevention; What is known and what has been achieved; Research achievements; Policy achievements; Practice achievements; What are countries doing about suicide prevention now?; National responses to suicide; Training on suicide risk assessment and intervention; Support groups for people bereaved by suicide

Current legal status of suicide around the world and perspectives for change What are the effects of decriminalization?; Working towards a comprehensive national response for suicide prevention; How can countries create a comprehensive national strategy and why is it useful?; Guiding principles for the development and implementation of national strategies; Implementation of a national suicide prevention strategy; Challenges to implementation; How can progress be tracked when evaluating a national suicide prevention strategy?; Challenges in evaluation

The cost and cost-effectiveness of suicide prevention efforts The way forward for suicide prevention; What can be done and who needs to be involved?; Forging a way forward; Countries that have no current activity; Countries that have some activity; Countries that have a national response; What does success look like?; Outcomes; Impacts; Key messages; REFERENCES; ANNEXES; Annex 1. Estimated numbers and rates of suicide by sex and age, 2000 and 2012; Annex 2: WHO Member States grouped by WHO Region and average income per capita

Sommario/riassunto

Suicide impacts on the most vulnerable of the world's populations and is highly prevalent in already marginalized and discriminated groups of society. It is not just a serious public health problem in developed countries; in fact most suicides occur in low- and middle-income countries where resources and services if they do exist are often scarce and limited for early identification treatment and support of people in need. These striking facts and the lack of implemented timely interventions make suicide a global public health problem that needs to be tackled imperatively. This report is the f
