Script

Suicide affects millions of people a year and is an irreversible action. Yet everyday 123 people decide to take their own life.

It is especially common in teenagers as it is the 3rd highest leading cause of death. And it seems to be getting no better as Bailey Millado reports that there has been a 47 percent increase in suicidal thoughts in young adults from 2008 to 2017.

Today we will figure out the main causes of suicide and some ways we can help friends or loved ones who consider this as a way out.

In recent years the use of social media has sky rocketed. Kids are constantly on their phones, desperately trying to receive the greatest number of likes and comments. This makes children feel validated and loved by others, but this all comes at a cost.

Aksha Memon mentions that a “Greater time spent on social networking websites led to higher psychological distress, an unmet need for mental health support, poor self-rated mental health, and increased suicidal ideation.”

This is due to the great underlying meaning of social media. A simple tap for a like is not really a like. Just like posing for a photo with a filter is not really a natural picture. In spite of this, adolescents are going through puberty, which is a difficult time for many.

Not only does their bodies change, but children’s brains are also still maturing. This maturity phase makes a lot of kids feel alone, like no one understands them and what they are going through.

As Keith Hawton likes to put it “This vulnerability might be associated with particular developments in the cortical brain regions after puberty. Adolescents might also be more susceptible to negative social cues such as ostracism and the expectations of others.”

We also see that thoughts of individuals during this time are often sporadic and not spread out, and a lot of the time, adolescents of this age will not think about the aftermath of something so life changing as suicide.

{Insert clip of suicide action}

It is not obvious that depression is commonly linked to suicide, as the Department of Human Health points out that having major depression does increase suicide risk compared to people without depression.

But what might be surprising to hear is that suicide can even be linked to genetics? That’s right, and L Peterson explains this when he says that “Genetic influences make a major contribution to risk of suicide, which may occur independent of known psychiatric disorder. This is important because it not only increases our understanding of influences on risk of suicide, but also has implications for provision of advice to families with a history of suicide, including possible preventive initiatives.”

There are many ways that get help if they have suicidal thoughts, and one of those ways is regular therapy sessions with a licensed psychologist.

{Insert clip of therapy work interview}

One other solution is through the use of medications. Often times, people who have suicidal thoughts will see a psychiatrist who can prescribe them medications that can help you reduce symptoms of having suicidal thoughts. This will in turn make you less suicidal.

{Insert clip of patient who used medication}

Suicide is serious and if you ever start to have suicidal thoughts, you should tell a trusted adult and get help. Things happen in life and it won’t be easy, but it will always get better.