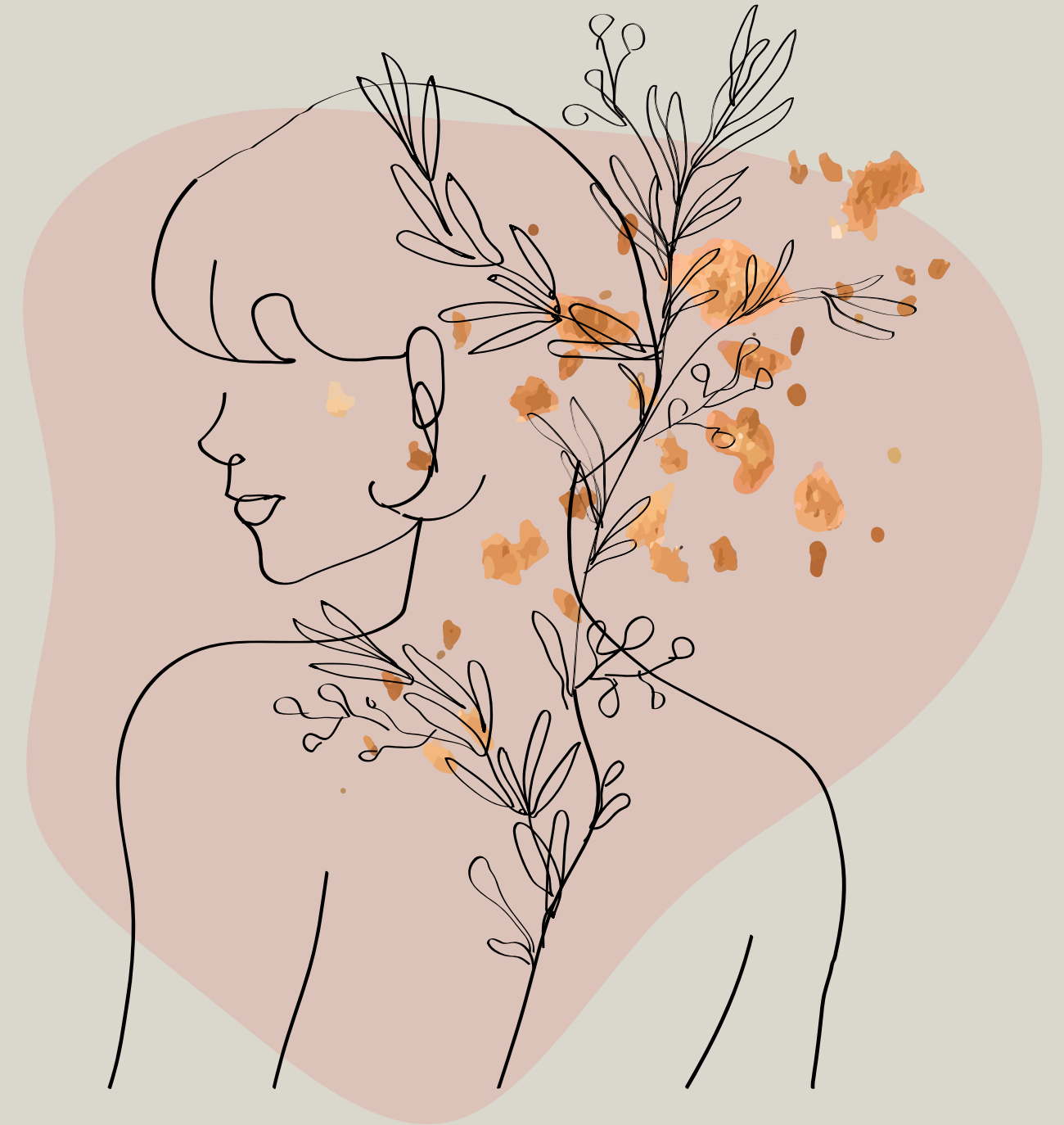


INTENTIONAL INJURIES

SELF-HARM

SELF-HARM

Self-harm is when a person intentionally harms themselves as a result from an adversity they may be facing. It can be classified as nonfatal or fatal (suicide) and often times occurs as an impulsive reaction. Self-harm can include things like poisoning, cutting, burning, or hitting yourself and tend to be related to mental health, life stress, discrimination, abuse, family history, and chronic illnesses.



TARGET POPULATION

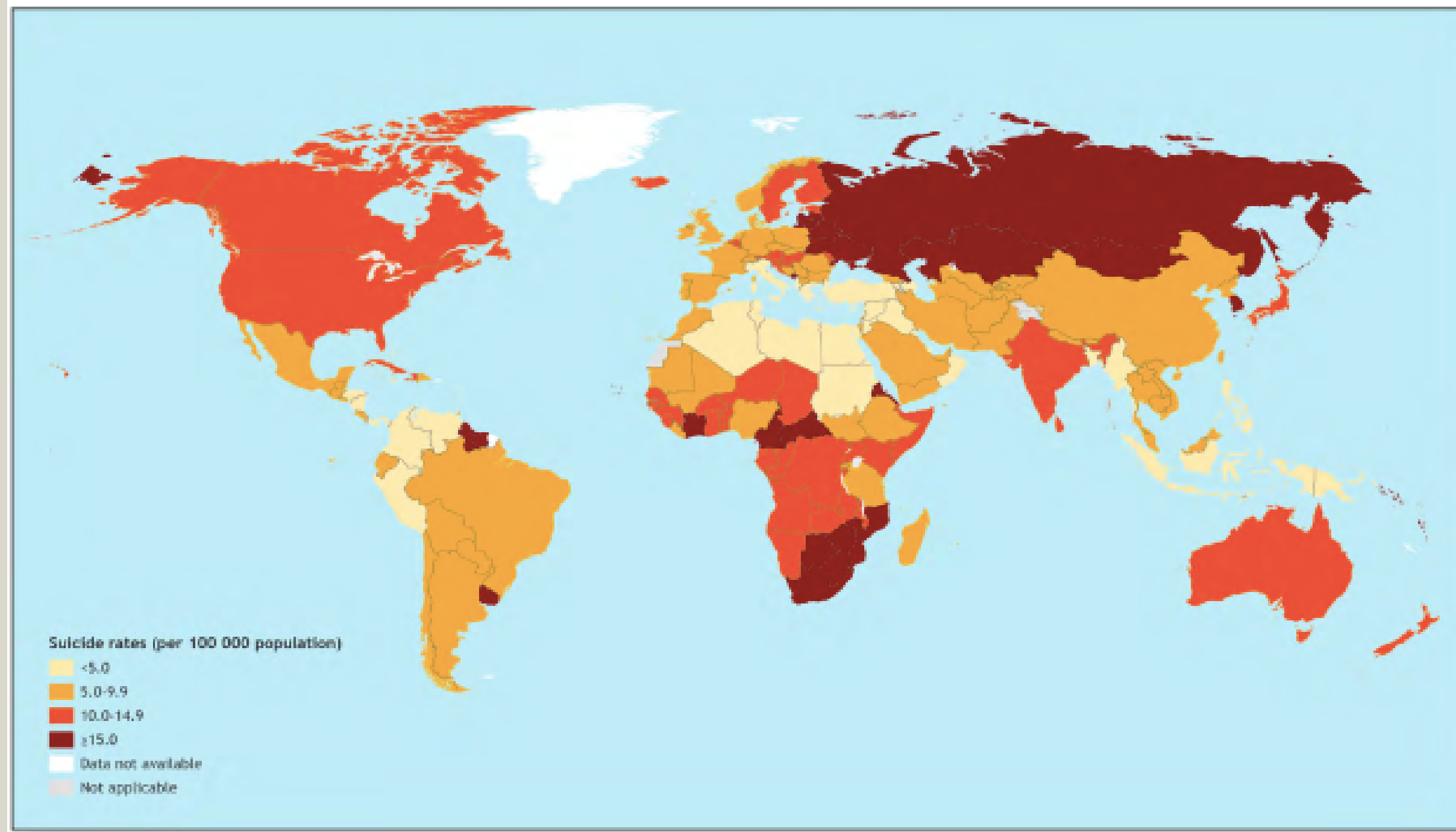
Though self-harm and suicide can affect anyone at any stage in life, it is one of the leading causes of death for 15-29 year olds. The most vulnerable groups of people are refugees, indigenous, LBGT+, prisoners, and those that have attempted suicide in the past.

The most common forms of suicide worldwide are consuming pesticide, hanging, and using a firearm.



GEOGRAPHICAL AREAS AFFECTED

Figure 1. Age-standardized suicide rates (per 100 000 population), both sexes, 2019



It may seem like self-harm and suicide are more prevalent in first world countries, but in reality 78% of them occur in low- and middle- income countries, which 20% of suicides occur from pesticide poisoning in agricultural areas.

("Suicide," 2021)

("Suicide worldwide in 2019," 2021)

Self-Harm Related with Sustainable Development Goals



BURDEN

In the United States there are over 310,000 emergency visits each year in relation to self-harm and over 45,000 suicide deaths.

Globally, the number of suicides is over 800,000.



(Prüss-Ustün et al., 2016)

("FastStats - suicide and self-inflicted injury," 2022)

PROGRAMS & POLICIES



Limiting Access

Sri Lanka has seen a decrease in suicide after banning highly toxic pesticides

Brazil has also seen a decrease after reforming their firearm legislation

National Suicide Prevention Lifeline

A program where you can receive realtime assistance during a crisis through call, text, or chat. Their objective is to change the conversation when it comes to suicide and to offer immediate services

America's Warrior Partnership

A program that aims to prevent suicides among veterans through relationship building in communities. They have seen an increase in feeling connected, empowered, and wellbeing among veterans

Other Recommendations

Teaching teenagers socio-emotional life skills, early identification of suicidal behaviors, support systems, psychotherapy, hospitalization, eating healthy and taking care of yourself, knowing your triggers, and medication

PROGRAMS & POLICIES RECOMMENDATIONS

The biggest recommendation when it comes to the prevention of self-harm and suicide would be changing the stigma around it. In low- and middle-income countries where they are occurring the most, this is a taboo topic where you are viewed as weak if you discuss this.

Another recommendation is that since a majority of countries do not treat suicide as a health problem, data quality is also lacking so improving suicide monitoring and attempts is important that way any patterns between different countries can be recognized and addressed.



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