

Take Care of Suicidal Young People

Most Hong Kong people are busy with their work. They had little time with their children and sometime it may lead to unexpected problems, including youth suicide. Attempted suicide refers to the acts to kill themselves by various self-destructive behaviours. Most attempted suicides occurred after puberty. The death rate from suicide among males is higher than females, but the attempted suicide rate is higher than among woman. Suicidal youngsters do not easily share their problems with others and those who seek help just represent the tip of the iceberg.

There is no single factor that can explain suicide. Most researchers identified a complicated set of risk factors interacting and leading to the tragic outcome. These risk factors of youth suicide included emotional distress, psychiatric problems, low self-esteem, poor relationship with family, problems in interpersonal relationship, influences from peers and media, drug abuse and hereditary factors.

Reducing risk factors, providing appropriate services and early identification of high risk subjects are essential for suicide prevention. A regular lifestyle, optimistic attitude, participation in community activities, and healthy social support are good anti-dotes for suicides. Youngsters experienced difficulties should be encouraged to seek help. If any suicide case was reported in school, supports from teachers and family can help these exposed youths to minimise the adverse impacts of suicide, including the risk of imitation.