

# Why do people die by suicide?



People may contemplate suicide for a variety of complex and interconnected reasons, and it's important to note that each individual's situation is unique. While it's impossible to pinpoint a single cause for suicide, several common factors are frequently associated with suicidal thoughts and behaviors. These include:

- **Mental Health Issues:** Mental health conditions, such as depression, bipolar disorder, schizophrenia, anxiety disorders, and substance abuse disorders, can significantly increase the risk of suicide. These conditions can lead to feelings of hopelessness, despair, and intense emotional pain.
- **Psychological Factors:** Some individuals may experience overwhelming emotional distress or psychological pain that becomes unbearable. They may perceive suicide as a way to escape this pain and suffering.
- **Environmental and Life Stressors:** Difficult life circumstances, such as financial problems, relationship issues, bullying, academic or work-related stress, loss of a loved one, or a major life change (like a divorce or job loss), can contribute to feelings of hopelessness and despair.
- **Social Isolation:** Feelings of loneliness, social isolation, and a lack of support can increase the risk of suicide. People who feel disconnected from others may not have access to emotional support or resources.
- **Previous Suicide Attempts:** A history of previous suicide attempts is a significant risk factor for future attempts. Individuals who have survived previous attempts may continue to struggle with suicidal thoughts and behaviors.
- **Access to Lethal Means:** Easy access to lethal methods, such as firearms or medications, can increase the likelihood of a suicide attempt.
- **Lack of Access to Mental Health Care:** Limited access to mental health services or the stigma associated with seeking help can deter individuals from seeking treatment for their mental health issues.
- **Family History of Suicide:** A family history of suicide or a history of suicide among close friends can increase an individual's risk, potentially due to genetic, environmental, or learned factors.
- **Substance Abuse:** Substance abuse can impair judgment, exacerbate mental health issues, and increase impulsivity, making individuals more vulnerable to suicidal thoughts and actions.
- **Perceived Burden on Others:** Some people who contemplate suicide believe they are a burden to their loved ones and think that their death would relieve the perceived burden.
- **Cultural and Societal Factors:** Cultural and societal norms, beliefs, and attitudes about mental health and suicide can influence an individual's willingness to seek help or discuss their struggles openly.



**If you or someone you know is struggling with suicidal thoughts, seek help immediately from mental health professionals or crisis hotlines. Dial 988 for crisis support. Suicidal thoughts are treatable, and support is available to help individuals find hope and healing.**