



# World Suicide Prevention Day

## September 10<sup>th</sup> 2020

*Working Together to Prevent Suicide*

Pakistan Institute of Living & Learning (PILL)



# Agenda of the Day

Details of the programme	Pakistan Standard Time	British Standard Time
Welcome note and talk by Prof. Nasim Chaudhry (CEO)	4:10 pm to 4:20 pm	12:10 pm to 12:20 pm
Talk by Ms. Tayyeba Kiran (Assistant Director R&D) on Suicide Prevention	4:20 pm to 4:30 pm	12:20 pm to 12:30 pm
Role Play – ONE MINUTE by psychologists of Pakistan Institute of Living and Learning	4:30 pm to 4:40 pm	12:30 pm to 12:40 pm
Panel Discussion Session		
Talk by Prof. Mowadat Rana – Risk Factors	4:40 pm to 4:45 pm	12:40 pm to 12:45 pm
Talk by Prof. Nusrat Husain – Suicide Prevention	4:45 pm to 4:55 pm	12:45 pm to 12:55 pm
Message by Prof. Asad Nizami	4:55 pm to 5:05 pm	12:55 pm to 1:05 pm
Talk by Prof. Imran Bashir Chaudhry – Suicide in Adolescents	5:05 pm to 5:10 pm	1:05 pm to 1:10 pm
Talk by Dr. Amjad Chaudhry – Media in self harm and suicide	5:10 pm to 5:20 pm	1:10 pm to 1:20 pm
Talk by Prof Zainab Zadeh - Barriers and challenges in accessing help in Pakistan	5:20 pm to 5:30 pm	1:20 pm to 1:30 pm
Question Session	5:30 pm to 5:50 pm	1:30 pm to 1:50 pm
Thank you note by Prof Nusrat Husain	5:50 pm to 6:00 pm	1:50 pm to 2:00 pm

# Pakistan Institute of Living and Learning



- Pakistan Institute of Living and Learning (PILL), was established in Islamabad in 1998 by Major General (R) Dr. Ishrat Husain (Late).
- A leading research based organization with expertise in innovative and culturally adapted interventions

**MISSION:** To improve health and well being of people with an emphasis on mental health difficulties/problems.



# PILL National Offices





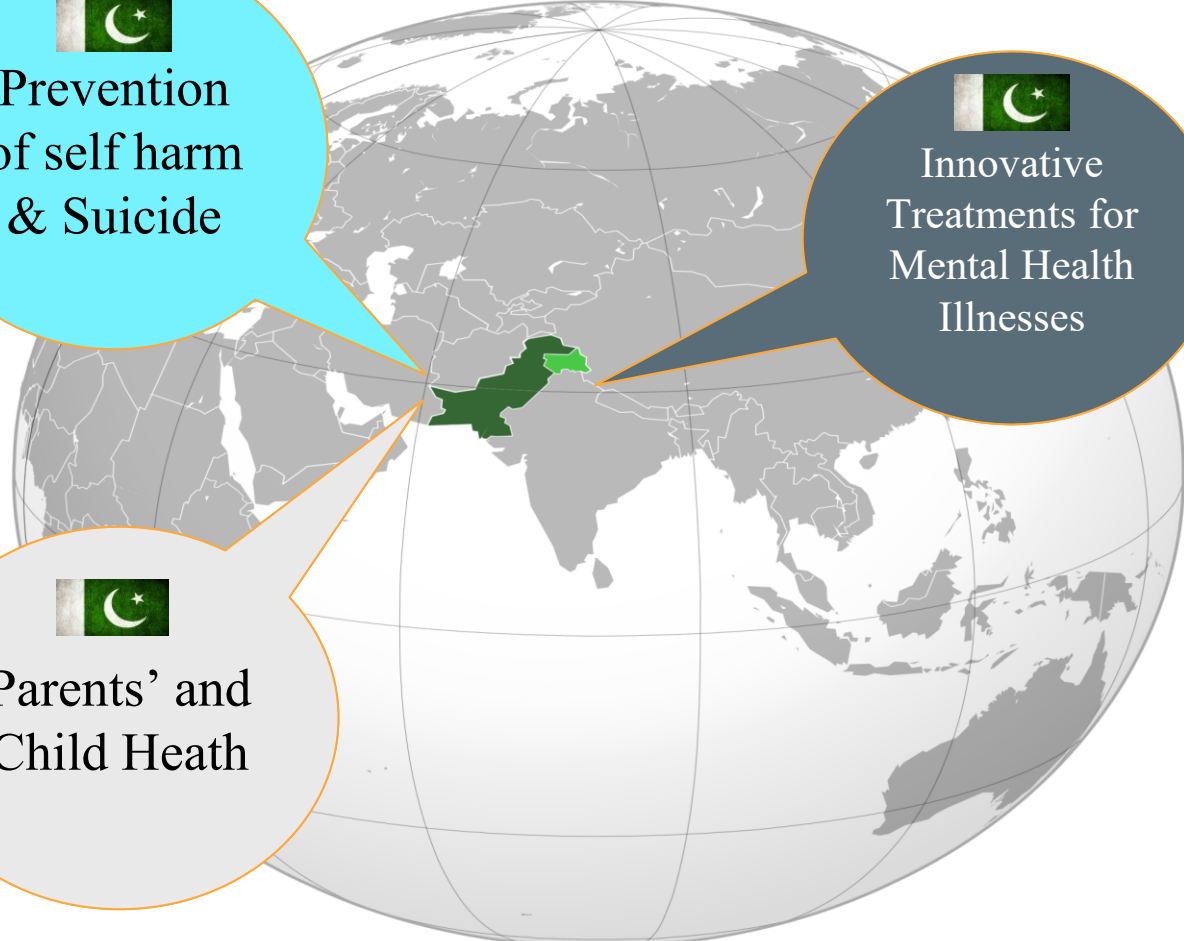
Prevention  
of self harm  
& Suicide



Innovative  
Treatments for  
Mental Health  
Illnesses



Parents' and  
Child Health





# Global Perspective on Suicide

*Working Together to Prevent Suicide*

Pakistan Institute of Living & Learning (PILL)

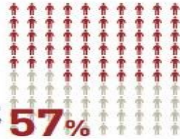
## Suicide: facts and figures

Suicide is the  
**second**  
leading cause of  
death among  
**15-29**  
year-olds



There are more  
deaths from  
suicide than from  
war and homicide  
together

Over  
**800 000**  
people die by suicide  
every year  
1 death  
every  
**40**  
seconds



High-income  
countries  
**75%**  
of suicides  
occur in low- and middle-  
income countries



Pesticides,  
hanging and  
firearms  
are the most  
common methods  
used globally

### Suicides are preventable



Key is a comprehensive  
multisectoral approach

Most countries currently do not have  
a national suicide prevention strategy



10% reduction of suicide rates is the target  
in the Mental Health Action Plan 2013-2020



World Health  
Organization

The global suicide rate is 11.4 per  
100 000 population  
15.0/100 000 for males  
8.0/100 000 for females



More than 75% of deaths  
occur in Low and Middle  
Income Countries



- In **25 countries** (within WHO member states) suicide is still criminalized.
- In an additional **20 countries** suicide attempters may be punished with jail sentences, according to their country laws.





# Risk Factors

- Suicide is the result of a **convergence of risk factors** including but not limited to genetic, psychological, social and cultural risk factors, sometimes combined with experiences of trauma and loss.
- **Depression** is the most common psychiatric disorder in people who die by suicide.
- For every 1 suicide **25** people attempt suicide.





# Suicide Bereavement

- **135 people** are affected by each suicide death.
- This equates to **108 million** people bereaved by suicide worldwide every year.



# Suicide Bereavement

- Relatives and close friends of people who die by suicide are a **high-risk group** for suicide, due to:

- The psychological trauma of a suicide loss
- Potential shared familial and environmental risk
- Suicide contagion through the process of social modelling
- The burden of stigma associated with this loss





# Suicide Prevention





# Suicide Prevention

- Effective suicide prevention strategies need to
  - incorporate public
  - health policy strategies and
  - healthcare strategies, incorporating measure with the **strongest evidence of efficacy** such as:
    - Restriction of access to lethal means
    - Treatment of depression
    - Ensuring chain of care, and
    - School-based universal prevention

# Suicide Prevention

- On this **World Suicide Prevention Day** and everyday take a minute to reach out to someone to a complete stranger, close family member or friend - this can change/save a life of someone.





# Suicide Prevention

- We all are part of a community, linked to family, friends, work colleagues, neighbours or teams.
- Sometimes we become isolated and disconnected from our communities.
- We have the responsibility to support and empower those who are vulnerable to self-harm in our communities.





# Suicide Prevention

## *Reaching out to those in the community*

- If you are worried about someone in your community reach out and ask them **“are you okay?”**
- By simply checking in with them and offering non-judgemental support you can make a difference.





# Suicide Prevention

## *Empowering our community*

- Encourage those in distress to tell their own story in their way and at their pace.
- By engaging in active listening and reaching out to those who are vulnerable in the community, together we can build resilient and strong communities





# Suicide Prevention

## *No one has all of the answers*

- People are often reluctant to intervene when they are worried for others.
- They may not feel knowledgeable enough or may not feel like the right person.
- It is important to know that people in distress are often not looking for specific advice, but merely to be listened to with compassion and empathy.





# Suicide Prevention

## *Learn from people who reach out*

- People with lived experience of suicidal behaviour or suicide bereavement have a lot to teach us.
- By listening to these often inspiring individuals we are learning and they may become empowered to seek help.





# PILL`s Journey



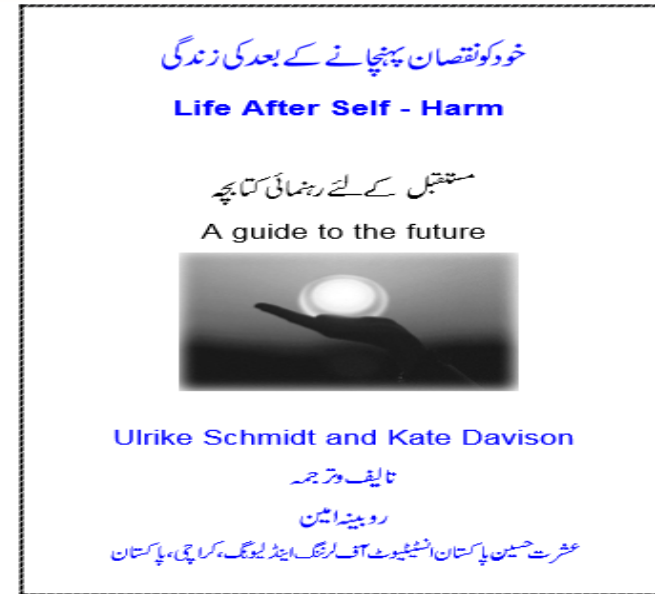
# Brief psychological intervention after self-harm Randomized Controlled Trial from Pakistan



Improvement in;

- Suicidal ideation
- Hopelessness
- Depression

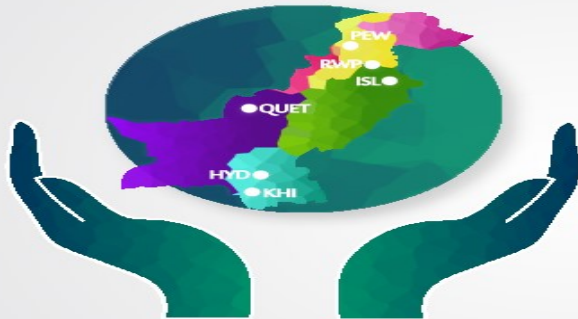
*“I came to know that all problems are due to thinking about wrong things.” (P11)*





## MRC Jointly Funded Initiatives

*Multicenter RCT to evaluate the clinical and cost-effectiveness of a culturally adapted therapy (C-MAP) in patients with a history of self-harm*



# CMAP

Culturally adapted  
Manually Assisted  
Problem solving  
training



# A Youth Culturally adapted Manual Assisted Psychological therapy (Y-CMAP) for adolescent Pakistani patients with a recent history of self-harm.



# YCMAP

Youth Culturally adapted  
Manual Assisted Problem  
solving training



# South Asia Harm Reduction Movement



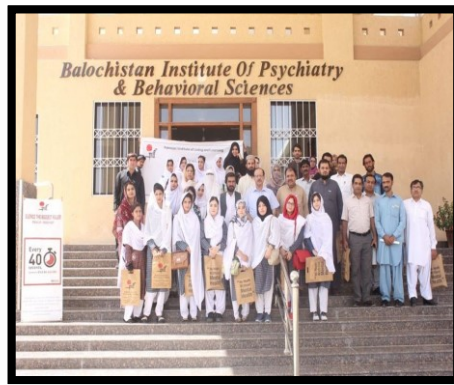
South Asia Self harm and Suicide Reduction - Movement



# **Suicide prevention by Empowering adolescents in Pakistan (SEPAK): A feasibility study for research capability and trial readiness in Pakistan**

**SEPAK**

# Awareness Activities by PILL



# Suicide Prevention Awareness



آپ کا ایک منٹ کسی کی زندگی بدل سکتا ہے۔

سوناب شکبہ ہے؟



اواس مت ہوا

آپ کا نرم لہجہ استعمال کرنے سے کسی کو تسلی مل سکتی ہے۔



میں سمجھ سکتا ہوں کہ تم کس

کسی کی زندگی بدل سکتا ہے۔

کسی کی خبر گیری کرنا اور آپ کا فیئر جاننا دراندہ انداز

ایک منٹ دہجئے، ایک زندگی میں تبدیلی لائے

ہر سال 8 لاکھ سے زائد لوگ خودکشی کی وجہ سے اپنی جان کو بیچتے ہیں اور 25 فیصد لوگ خود کو نقصان پہنچانے کی کوشش کرتے ہیں۔ اس تعداد کو پیچھے ان افراد کی کہانیاں موزوں ہیں جنہوں نے کسی وجوہات کی بنا پر اپنی زندگی کی اہمیت پر سوال کیا ہے۔ یہ تمام افراد معاشرے کا حصہ ہیں۔ کچھ معاشرے کے ساتھ اچھی طرح شلک ہیں اور ان کے ساتھ ان کا اپنا خاندان، دوست، اسکول، ساتھ کام کرنے والے موجود ہیں۔ لیکن کچھ بالکل تنہا ہیں۔ ان حالات کے باوجود، ان کمزور لوگوں کی حمایت کرنے میں معاشرہ ایک اہم کردار ادا کرتا ہے۔

یہ احساس خودکشی سے بچانے کے عالمی دن 2017 کے مرکزی خیال کی عکس بندی کرتا ہے: **ایک منٹ دہجئے، ایک زندگی میں تبدیلی لائے۔** معاشرے کا حصہ ہونے کی وجہ سے یہ ہماری ذمے داری ہے کہ ان لوگوں کو سمجھیں جو کسی پریشانی سے گزر رہے ہیں، ان کا خیال کریں اور ان کی حوصلہ افزائی کریں کہ وہ اپنے انداز سے اور اپنا وقت لے کر اپنی کہانیاں سنائیں کیونکہ کسی کو ثابت ہوگا۔

خبروری نہیں ہر کسی کے پاس ہر چیز کا جواب ہو۔

اکثر لوگ مدد کرنے سے گریز کرتے ہیں بے شک وہ ان کا خیال ہی کیوں نہ کرتے ہوں۔ اس کی بہت سی وجوہات ہو سکتی ہیں۔ کم از کم یہ خوف نہیں ہوتا کہ انہیں معلوم نہیں کہ کیا کہنا چاہیے۔ یہ یاد رکھنا ضروری ہے لیکن اس کا کوئی خاص طریقہ کار نہیں ہے۔ وہ لوگ جو خودکشی کے خطرہ دور سے سے نکل آئے ہیں، اکثر کہتے ہیں کہ ہمیں کسی خاص مشورے کی نہیں بلکہ دوسروں کے پیار، شفقت اور خبروری کی ضرورت ہے جو کہ ان کی بہتری کے لیے مددگار ثابت ہوگا۔



خودکشی سے بچاؤ کا عالمی دن

10 ستمبر 2016

DR. ZIAUDDIN HOSPITAL

CMAP

Culturally Adapted Mental Assessment Program taking training

ادارہ برائے صحت کے اندازے کے مطابق ہر سال تقریباً 800000 لوگ خودکشی کرتے ہیں۔ یعنی ہر 40 سیکنڈ میں ایک انسان خودکشی سے اپنی زندگی گنوا دیتا ہے۔ تقریباً 25 گنا زیادہ افراد دوبارہ خودکشی کی کوشش کرتے ہیں۔ دن بدن ایسے لوگوں کی تعداد میں اضافہ ہو رہا ہے جو یا تو اپنی جان لینے کی کوشش کرتے ہیں یا جن کے کسی قریبی فرد نے اپنی جان لینے کی کوشش کی ہوتی ہے۔ اور انہوں نے بات تو یہ ہے کہ خودکشی اور دوا کا سلسلہ ہے اس کے باوجود اتنی جانیں ضائع ہو رہی ہیں۔

2016 کے خودکشی روکنے کے عالمی دن کا موضوع ہے: "رابطہ، بات، حیرت، خیال"۔ یہ تین الفاظ خودکشی روکنے میں اہم کردار ادا کرتے ہیں۔

رابطہ:

وہ لوگ جن کے کسی قریبی فرد نے یا خود انہوں نے اپنے آپ کو نقصان پہنچایا ہو، ان کے ساتھ رابطہ قائم کرنا بہت ضروری ہے تا کہ ان کی مدد کی جاسکے اور وہ اطمینان سے رہ سکیں۔ ویسے تو ہر خودکشی کی وجہ اور طریقہ الگ ہوتا ہے لیکن ان سے کچھ سبق حاصل کیا جاسکتا ہے۔ وہ لوگ جو خودکشی کرنے کے درپے ہوتے ہیں ان سے یہ جاننے میں مدد مل سکتی ہے کہ ایسے کون سے حالات اور وجوہات ہوتے ہیں جو ان کو یہ اقدام اٹھانے پر مجبور کر دیتے ہیں اور کون سی ایسی وجوہات ہیں جو ان کو آہل خوشحال زندگی کی طرف لے جاتے ہیں۔ وہ لوگ جنہوں نے اپنے کسی قریبی فرد کو خودکشی کی وجہ سے گھوڑیا ہو یا کسی ایسے فرد کی مدد کی ہو جو اپنی جان لینا چاہتا ہو، وہ بھی اس بات کی آگاہی دے سکتے ہیں کہ اس مشکل وقت میں ان کا سہارا کیا ہے۔ ایسے افراد جو کسی بھی

# All Parliamentary Mental Health Summit 2020



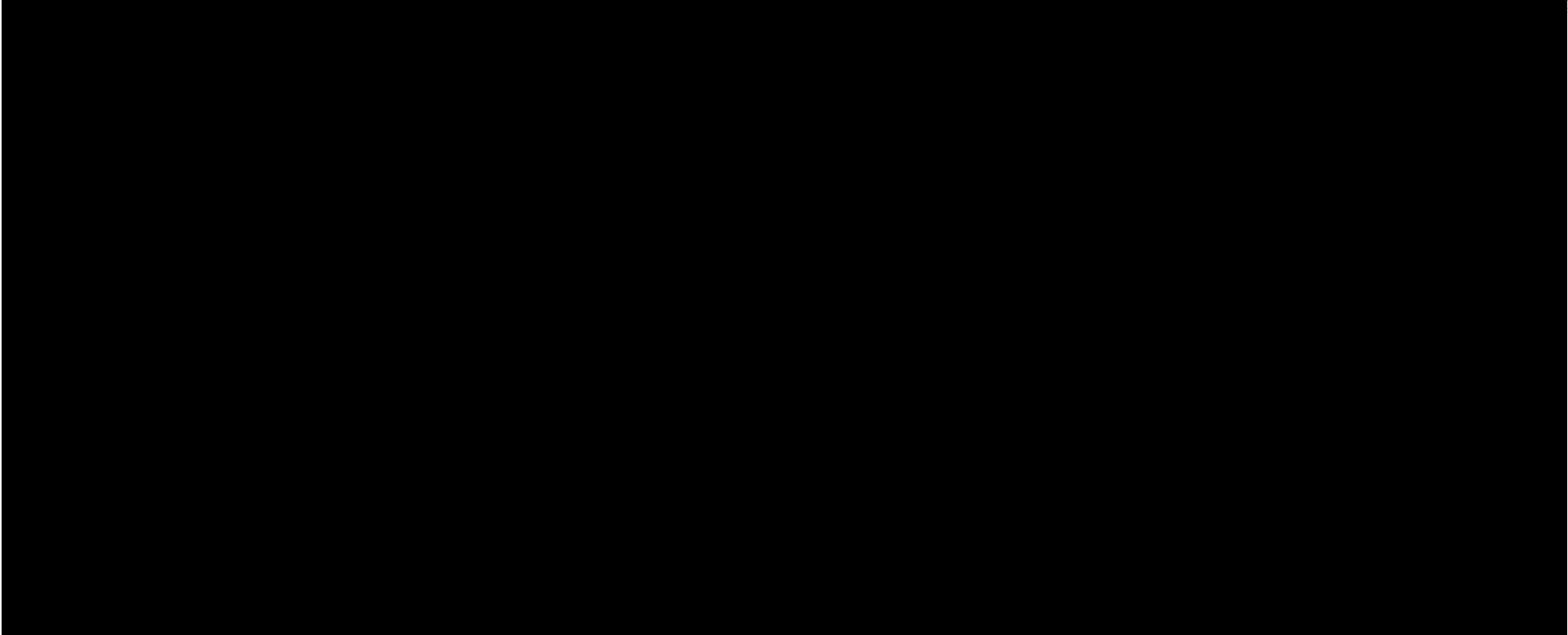
All Parliamentary Mental Health Summit was held at President House in Islamabad on 12th March 2020. Which was organized by Pakistan Institute of Living and Learning, Parliamentary SDGs Secretariat & the University of Manchester. Honourable President appreciated the organisers and suggested to launch suicide prevention hotline as well as make awareness through drama and movie scripts.

[President chief guest at All Parliamentary Mental Health Summit 2020.mp4](#)



# References

- [https://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6068947/>
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- Cavanagh *et al.*, 2003; Pitman *et al.*, 2016; Zalsman *et al.*, 2017
- Qayyum Bhatti, A. (2013). MEDIA CONSTRUCTION OF TEHREEK-E-TALIBAN PAKISTAN:: A
- Critical Discourse Analysis of the News Reports of the FATA Conflict Published in Pakistani newspapers, The Daily Jang and Daily Nawa-i-waqt.



*Working Together to Prevent Suicide*



# Risk Factors

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**Professor Mowadat Rana**



# **Suicide Prevention**

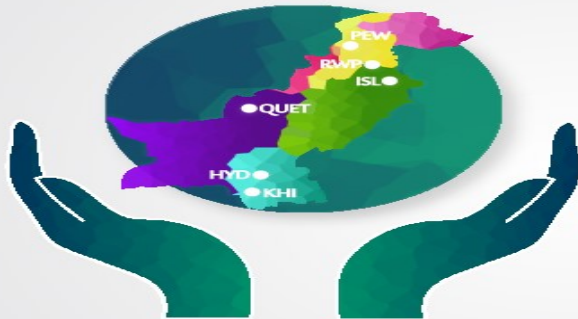
*Working Together to Prevent Suicide*

**Professor Nusrat Husain**



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## Video Message

*Working Together to Prevent Suicide*

**Professor Asad Nizami**



# **Suicide in Adolescents**

*Working Together to Prevent Suicide*

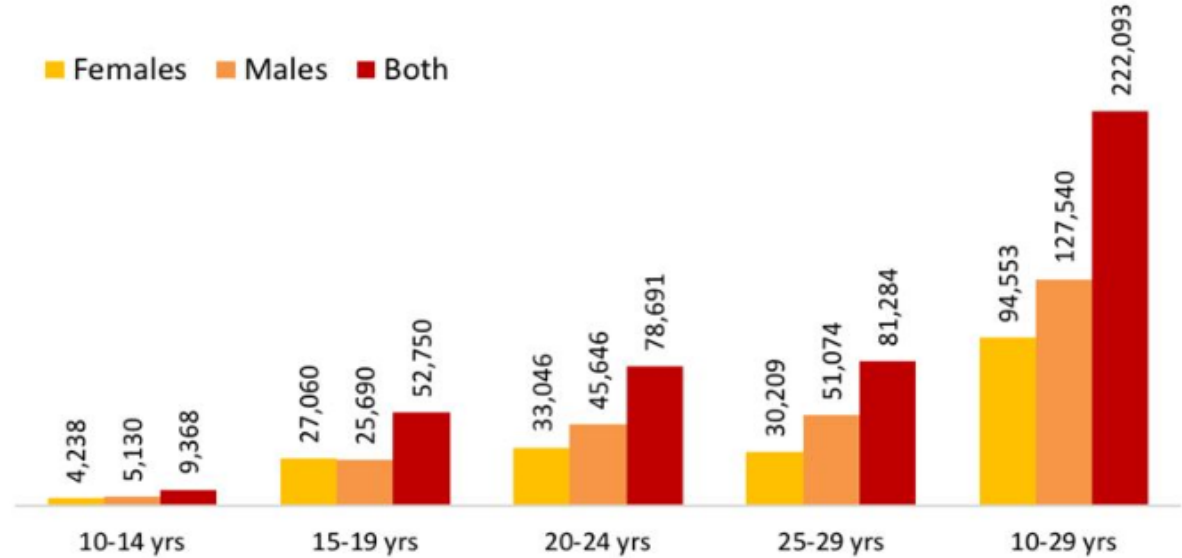
**Professor Imran Bashir Chaudhry**



# Suicide in Adolescents

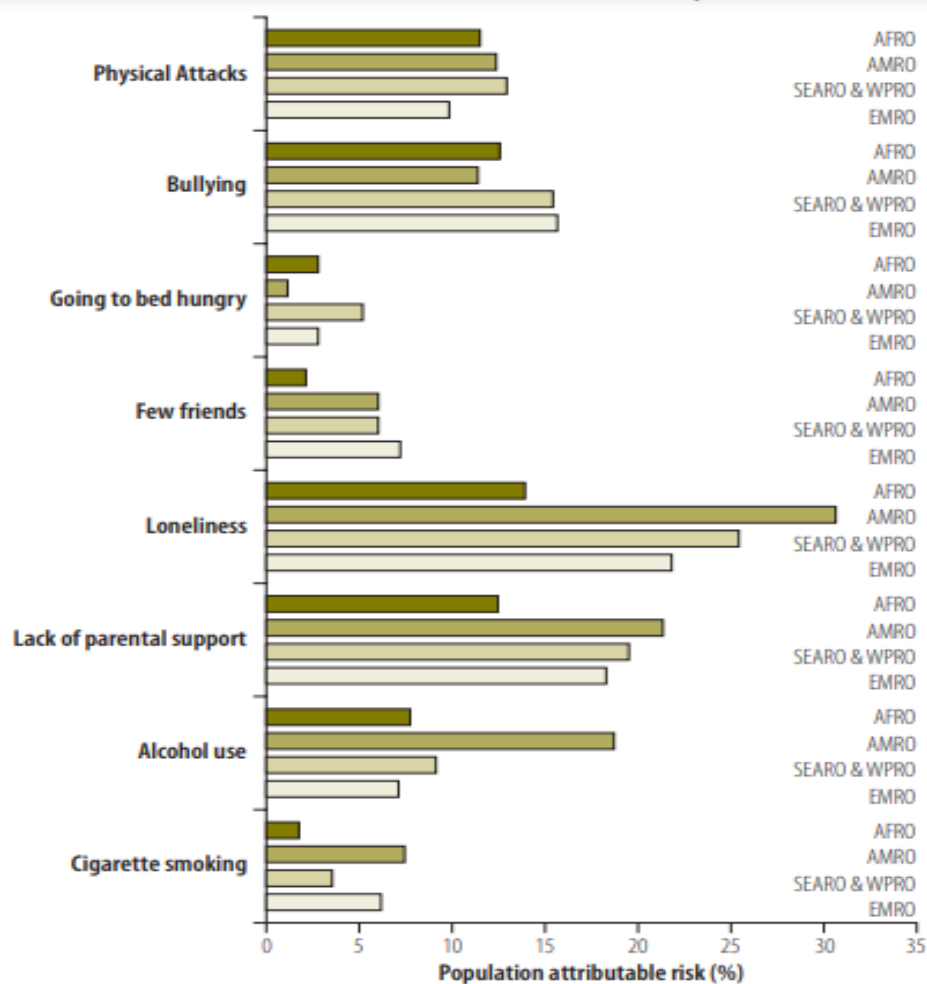
## Number of suicides globally in young people, 2016

■ Females ■ Males ■ Both



**Suicide is the second leading cause of death among 15-29 year-olds**

World Health Organization



## Risk factors of suicide behaviors in 32 low and middle income countries

McKinnon et al. (2016). Adolescent suicidal behaviours in 32 low-and middle-income countries. *Bulletin of the World Health Organization*, 94(5), 340.

## Lived experiences of adolescents with recent history of self-harm - Qualitative study from Pakistan

### Predisposing Factors

#### *Interpersonal conflicts*

- I don't know why but there are a lot of arguments in my home all the time. Sometimes my father fights with my mother and sometimes my uncle. (Participant 7)

### Emotional Crisis

- I feel angry when everybody at home call me drug addict just because I smoke. (Participant 13)

### Finding self-harm as an only option

- I thought I am the only daughter they (parents) need a son, if I live what I can do for them. I should die (Participant 9).





**A Youth Culturally adapted  
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**Suicide prevention by  
Empowering adolescents in  
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**YCMAP**  
Youth Culturally adapted  
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**SEPAK**



# **Role of Media and Social Media in Self-harm and Suicide**

*Working Together to Prevent Suicide*

**Dr Amjad Chaudhry**



# Role of Media and Social Media in Suicide

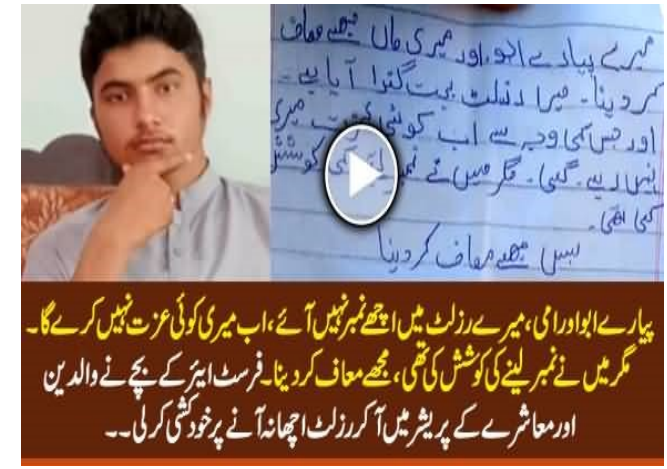
- 21st century is the century of IT, the whole world is moving towards digitalization.
- Among the 7c media and social media brought tremendous changes in peoples lives around the world
- Social media is that power full these days that it can make someone a hero from zero or zero from a hero
- Both media and social media has positive and negative usage



## Role of the Electronic Media

- Media reporting regarding suicide is somehow good as it make awareness in the general public but they way media is reporting is very much direct which speed up suicide rates.
- Reporting and portrayal of suicidal behavior in the media may have potentially negative influences and facilitate suicidal acts by people exposed to such stimuli.
- The impact of the media on suicidal behavior seems to be most likely when a method of suicide is specified—especially when presented in detail—when the story is reported or portrayed dramatically and prominently

# Self-harm & Suicide Media Reporting



پیارے ابو اور امی، میرے رزلٹ میں اچھے نمبر نہیں آئے، اب میری کوئی عزت نہیں کرے گا۔ مگر میں نے نمبر لینے کی کوشش کی تھی، مجھے معاف کر دینا۔ فرسٹ ایئر کے بیچنے والے والدین اور معاشرے کے پریشر میں آ کر رزلٹ اچھا نہ آنے پر خودکشی کر لی۔



## Role of Social Media

- Social media is a medium been used by scholars, educationists, philanthropist , businessmen's, politicians to achieve positive means.
- While at the same time social media has been used by gambling, harassment, blackmailing , bulling etc.



# Social Media

- Social media is new for the whole world, little has been known about the consequences so far due to limited research done so far.





## Suggestions

- Social media and media is doing harm to the general public especially in terms of suicide (Pirkis., et al 2001).
- Need of PEMRA active censorship and responsible journalism.
- Governmental rules to monitor social media and put a watchdog on those who misuse.
- Reach out to those who are at risk through any medium



# **Barriers and Challenges in accessing help in Pakistan**

*Working Together to Prevent Suicide*

**Professor Zainab Zadeh**



*Working Together to Prevent Suicide*



# Thank you

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