

Every life matters

UNDERSTANDING suicide AND its impact



REGIONAL OFFICE FOR

World Health
Organization
South-East Asia

Every life matters: Understanding suicide and its impact

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Acknowledgement

This publication has been conceptualized by Dr Nazneen Anwar, Regional Adviser, Mental Health, Department of Noncommunicable Diseases and Environmental Health, WHO Regional Office for South-East Asia (WHO-SEARO). Overall guidance has been provided by Dr Thamarangsi Thaksaphon, Director, Noncommunicable Diseases and Environmental Health, WHO-SEARO.

The book presents through art, an understanding of suicide and its impact on families and communities, and what each of us can do to prevent it.

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Foreword

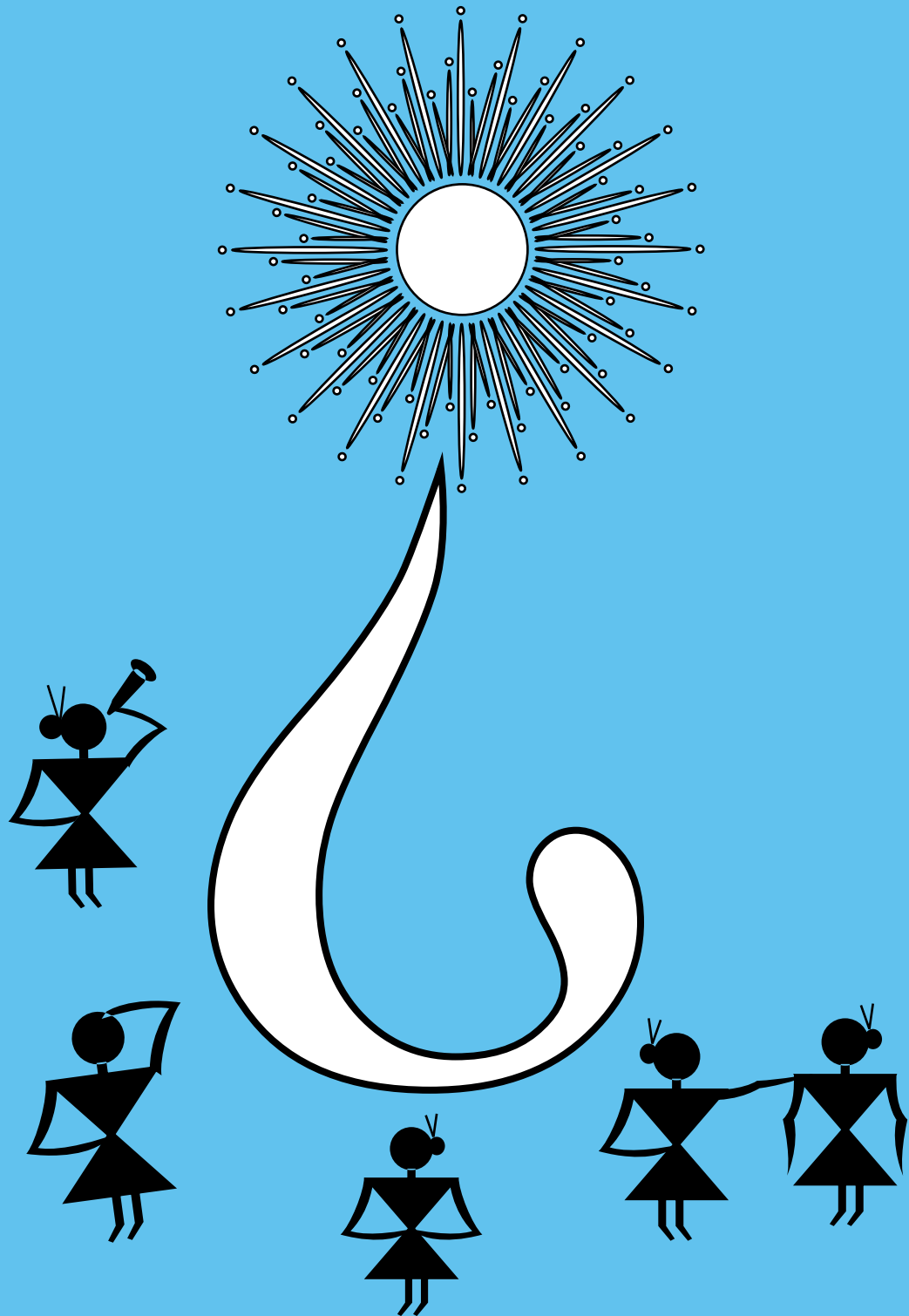


Every 40 seconds we lose a precious life to suicide. About 800 000 people globally die by suicide every year. As much as 20 times that number may attempt suicide. Alarming, adolescents and young adults are highly vulnerable; suicide is the second leading cause of death in this age group.

But suicides are 'preventable', and much can be done to prevent suicide at the individual, community and national levels. I hope that this illustrative book encourages public discussion and brings to attention the important role that each one of us can and must play in preventing suicide. Every life matters, and with awareness, commitment and action, together we can save lives and create a happier, safer and healthier environment for all.

A handwritten signature in black ink, reading "P. Khetrpal".

Dr Poonam Khetrpal Singh
Regional Director
WHO South-East Asia Region



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