Suicide Intervention

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Depending on the nature of crises a person face, he/she may become at increased risk of harming himself. Individuals with low self-esteem due to any crises are more exposed to endangering themselves. The speaker gave an example of a 15-year-old boy who was under a therapy died because of suicide. As a therapist, he felt emotional and disoriented when the boy's brother described him as his best friend. According to the speaker, suicide is unpredictable but avoidable. Good and cooperative family members can certainly help to avoid a situation of suicide through their support and love. Suicide is one of the ten leading causes of death in most western countries nowadays (Kanel, 2014).

Suicide ideation is a sign of mental illness. Where a person is thinking about ways to commit suicide or at least wish that he was dead. More than 15 to 20 percent of teenagers have at least passive suicide ideation. According to the speaker, therapists should not look at it as a mental illness and shows that I am evaluating you; instead, he should see it as a sign of distress and then share that with his patient. The therapists should work as a collaborator and help to prevent the distress that is causing him to think about suicide rather than working on his thought process itself. Therapists should always remember the basic things while treatment i.e., suicide ideation, the plan to carry it out, and the intent to live or die. Therapists should also work to instill goals and future plans in their clients as one of the main factors of suicide is hopelessness.

One effect of distress and anxiety is deliberately damaging and cutting your own body. Many patients see it as a protective factor because it decreases their distress and regulates their emotions. Careful assessment of no suicidal self-injury is important because it will help to understand the emotional motives of a patient. Similarly, men are four times more likely to commit suicide than women. The rate of suicide is extremely high in males who are over 60 and unemployed. Similarly, it is very low in black females. However, we cannot be certain about any individual, and this probability may vary from person to person.

**References**

Kanel, K. (2014). *A guide to crisis intervention*. Cengage Learning.