

Regarding need to take comprehensive measures to prevent and address suicides committed by young persons in the country-Laid

DR. SHARMILA SARKAR (BARDHAMAN PURBA): India has among one of the highest suicides rates among youth globally. According to the NCRB Accidental Deaths and Suicides in India Report 2023, there has been a disturbing rise in suicides in India, particularly among the youth. Suicides among those up to 30 years of age account for around 40% of the total suicide burden in the country in 2023. In fact, suicides are the leading cause of death among the 15-29 age group. While family problems, love affairs and failure in exams were the top reasons for suicides among those under 18 years, family problems and illness accounted for the main reasons for suicides among the 18-30-year-olds. Despite the magnitude of this crisis, the Indian mental health ecosystem remains inadequate. India has just 0.75 psychiatrists and 0.12 psychologists per 1 lakh people, far below the WHO guidelines of 3 psychiatrists per 1 lakh people. Similarly, mental health accounts for only 1.05% of the total health spending, below the WHO recommended 5%. The lives of Indian youth must not be snuffed out early due to governmental apathy towards mental health. Hence, I request the government to urgently intervene to prevent further loss of lives.