Suicide risk high in mental illness

8 JULY 2016 @ 11:01 AM

I READ with great sadness the article “Dah Masuk Neraka Ke? – Arlina Banana Dikecam Lebih Teruk Selepas Umum Nak Bunuh Diri” on a news portal.

The report was of a young woman who had tweeted her intention to end her life in what appeared to be a case of cyber bullying. She ended her final tweet with the removal of her account. What ensued thereafter was akin to the Brexit fallout.

A number of netizens made baseless and insensitive comments about her intentions. They also made disparaging comments about her physical appearance and her state of mind. They called her stupid, and uttered religious rhetoric (ironically during Ramadan), and urged her to make good on her threats.
What have we become, when the needy are mocked for the life they do not choose? Mental illness, similar to other physical illnesses, is not something one wills or requests.

It is an illness that some of us have to live with. With awareness, some are detected, assessed and treated early, resulting in good prognosis, while others might not be so lucky.

Mental illnesses include attention deficit/hyperactivity disorder, (ADHD), depression, anxiety disorders, schizophrenia and addiction. Some say nicotine-use disorder or smoking is also a mental illness.

One of our concerns with mental illness is the risk of suicide. Suicidal ideas, thoughts, intentions or attempts are taken seriously by those of us working in mental health. It is never to be taken lightly nor mocked.

Assessment of suicidal risk is a prerequisite of graduation from almost all medical schools in the world.

Failure to assess is a compulsory fail, “no if, and or but”. It is just that serious.

Therefore, the grave concern and sadness at the comments by netizens in the case of #arлина #арлинабанана.

The good that came out of this incident is the realisation by many of us in mental health provision that we have not done enough to push awareness about mental illness and where people can find help.

We need to triple our efforts to ensure that everyone with mental illness can find help, and those without it can assist in the cause.

We need to work with all walks of life, in major and minority languages, in urban and rural communities. Mental health awareness and advocacy need significant transformation to deliver a meaningful impact to society.

We may have failed an #арлина #арлинабанана today. Let us not fail her or anybody else tomorrow.

ASSOCIATE PROFESSOR DR AMER SIDDIQ AMER NORDIN
Consultant psychiatrist, Department of Psychological Medicine
Faculty of Medicine, Universiti Malaya

530 reads

Suicidal ideas, thoughts, intentions or attempts are taken seriously by those working in mental health.

BOGOTA: Errors by the pilot, airline and Bolivian regulators are to blame for a plane crash in Colombia that killed 71 people last month; including most of Brazil’s Chapecoense football...

2 h  Reuters  NS1

Belajar Cara Membuat Perdagangan $40,000 dengan Hanya $100
Tidak perlu masa berjam-jam untuk belajar !
IFOREX

Football Chelsea make it 12, Toure sends Man City second
(/news/2016/12/199648/football-chelsea-make-it-12-toure-sends-man-city-second)

LONDON: Pedro Rodriguez scored twice as red-hot Premier League leaders Chelsea crushed Bournemouth 3-0 on Monday to register a club-record 12th consecutive league victory.

Football: Leicester make masked protest over Vardy ban (/news/2016/12/199598/football-leicester-make-masked-protest-over-vardy-ban)

Football: Liverpool's Firmino charged with drink driving (/news/2016/12/199592/football-liverpoolsfirmino-charged-drink-driving)

MORE
(SPORTS)

(1news/2016/12/199659/george-michael-10key-songs-hit-making-machine)