



Worldwide Suicide Prevention Day | September 10, 2025



Suicide Prevention Facts

Key Statistics for India

Critical Numbers to Know:

- India accounts for 36.6% of global female suicides and 24.3% of male suicides
- Highest suicide rates: Karnataka (25.5), West Bengal (24.8), Maharashtra (17.5) per 100k
- Every 40 seconds, someone in the world dies by suicide

Prevention is Possible

Evidence-Based Facts:

- 90% of people who die by suicide have a diagnosable mental health condition
- Early identification and treatment can reduce suicide risk by up to 70%
- Most suicidal crises are time-limited and treatable
- Restricting access to lethal means reduces suicide rates significantly

Risk Factors in India

Common triggers:

- Financial stress and debt
- Family conflicts
- Academic pressure
- Social stigma
- Untreated mental illness

Protective Factors

What helps:

- Strong family support
- Cultural/religious beliefs
- Access to mental healthcare
- Community connections
- Problem-solving skills

Remember: Suicide is preventable

Seeking help is a sign of strength, not weakness

सहायता मांगना कमजोरी नहीं, ताकत का संकेत है



Creating Hope Through Action

For immediate help: KIRAN 1800-599-0019 | Vandrevala 9999 666 555
mysafespaces.org | Worldwide Suicide Prevention Day 2025