

Reducing Suicides

Means Restriction

Means restriction in suicide prevention refers to an intervention where the method of the planned suicide is removed from the individual's surrounding area. Some examples of this are removing firearms or medication from the house. More community focused interventions involve erecting barriers in locations where individuals are known to go to complete a suicide attempt, such as barriers on tall buildings, bridges and train tracks.

When the discussion of means restriction comes up a common reaction is assuming the suicidal individual will just find another method. In many cases, people do not find another method and in fact means restriction is successful. Often if an individual finds another means of committing suicide, it is a less lethal method and the odds of their survival significantly increase (Yip, Paul S F; Caine, Eric; Yousuf, Saman; Chang, Shu-Sen; Wu, Kevin Chien-Chang; Chen, Ying-Yeh, 2012). When communities take action in erecting barriers, they see decreases in the overall number of suicides.

The World Health Organization reports a staggering statistic that there has been a 45% increase in suicides in the past 45 years. Worldwide, suicide ranks among the three leading causes of death among those aged 15–44 years, and the second leading cause of death in the 10–24 years age group (Maya Schwartz-Lifshitz & Gil Zalsman & Lucas Giner &, 2012).

Follow-up

There have been several studies looking at aftercare for individuals who have attempted suicide and have been hospitalized. The Green Card Study found that they were able to reduce the number of suicides in individuals who had a history of deliberate self-harm and suicidality, just by making a treatment team available to them by phone. Another study found that sending individuals who had been hospitalized for suicidality post cards after their hospital stay, increased their connectedness and decreased suicide rates by 50% (Maya Schwartz-Lifshitz & Gil Zalsman & Lucas Giner &, 2012).

Works Cited

Maya Schwartz-Lifshitz & Gil Zalsman & Lucas Giner &. (2012). Can We Really Prevent Suicide? *Mood Disorders*.

Yip, Paul S F; Caine, Eric; Yousuf, Saman; Chang, Shu-Sen; Wu, Kevin Chien-Chang; Chen, Ying-Yeh. (2012). Suicide 3: Means Restriction for Suicide Prevention. *The Lancet*.