

### Suicide Caused by Mental Illness

Do you know anyone that has taken their own life? Committing suicide is a very serious and dark subject that everyone wishes never existed. There are many different triggers or causes to why an individual would kill themselves, just depending on the person. Agitations and sleep deprivation, intoxication, age, access to firearms, family history of suicide, history of trauma or abuse, recent tragedy or loss, substance abuse, prolonged stress, and serious chronic or mental illnesses are all the major causes of suicide. The last cause mentioned is what we all need to focus on because NAMI researchers have found that “90 percent of all individuals who die by suicide experience a mental illness.

At times it can be hard to understand suicide just like it’s hard to know others have mental illnesses. Both of these things don't always have physical evidence, making it hard to help. Unless you have seen the effects or cause of a suicide it can also be hard to feel sympathetic for suicidal or the mentally ill person and their families.

There are many stories all over the internet that people have willingly shared to help others find help or advice. They are most of the time the personal stories are kept anonymous. The story im going to share parts of, is anonymous but it’s title is “A Father’s Story”. If interested press [HERE](#) to read full article. This story shows a fathers point of view of his son's suicide and how mental illness was a huge factor in it. The father wasn’t educated about mental illnesses, and if he was he might have been able to save his son's life..

The Father at the beginning of the story says “Until the night of 29th March 1993 I had no knowledge or experience of mental illness and not the slightest inkling that my eldest son, Jason, was suffering a depressive illness. There had been behaviours on occasions that had caused concern, but were easily dismissed as within the boundaries of sometimes-difficult teenage behaviour. I arrived just in time to see Jason collapse and begin convulsing as a result of a massive overdose of prescribed medication. I then struggled desperately to keep Jason alive, with barely remembered CPR, until the MICA paramedics arrived. It was a close call, but Jason survived that night and 2 days later was transferred to the Psychiatry Department of a major Public Hospital.”

Happily Jason survived his first massive overdose, but sadly he didn’t survive his last one. Jason was put into a Psychiatry Department but he was so depressed he didn’t care to live anymore. He started to give away his valuable things and knew his life was soon coming to an end. Jason didn’t want the mental hospitals helps so they let his leave. Sadly, he chose to take his life shortly after leaving the hospital. James was not mentally stable.

Mental illnesses are not diagnoses that should be taken lightly. Just like the story of Jason, he thought there was no better option for him than to die because his depression was so bad. Jason was not alone with this feeling of depression or any mental illness. There are so many people out in the world that need our help. They need someone to reach out and help them learn

to live with their mental illness. Whether that is by going to a councillor or taking medication. There is always hope, taking a life is not an only option.

After learning from Jason's story evaluate yourself. Do I ask those around me how they are doing? Am I a reliable friend? Do I ask for help when I'm struggling? Do I know that "one person" I can turn to no matter the situation? Am I aware of those around me? Do I know how to properly help someone that is suicidal? Be the help others need, everyone deserves to have a great life. If you have mental illness get help. If you are suicidal get help. There are people out there that are willing to help put. The suicide hotline number is 1-800-273-8255.

