

**THE TIMES OF INDIA**

# Financial crisis may lead to rise in suicides: Docs

Kounteya Sinha | TNN

**New Delhi:** The financial tsunami causing havoc globally is increasing the world's burden of mental health patients suffering from depression, schizophrenia and bipolar disorders.

Even as psychiatrists in India say they are already seeing

estimate the turbulence and likely consequences of the current financial crisis as we continue to see more suicides and mental disorders. Poverty and its associated stresses including violence, social exclusion and constant insecurity are linked to the onset of mental disorders."

Dr Jitendra Nagpal, consultant psychiatrist from Moolchand Medicity and VIMHANS, said: "There is a three-fold increase in the number of investors and investment bankers seeking help for anxiety and depression. Globally, already 500 million people suffer from mental illness which also affects 15% of India's population. People are now planning for today, which is a bad role model for the next generation."

Dr Samir Parikh, head of the department of mental health at Max Healthcare, says the commonest trigger for suicide is loss of socio-economic status. Dr Parikh told TOI: "People are now feeling a sense of hopelessness. They think they can never come out of this financial loss. Investors fear they can't go through the hardships that entail poverty nor can their situation change."

According to Dr Nagpal, threat of losing their job is the worst fear among investment bankers. "Many complain of lack of appetite, sleep and helplessness. Investment bankers, who are used to a certain social status and high flying lifestyle, now don't know how to live by limiting their expenses."



**SWEATING IT OUT**

a three-fold increase in the number of investors, share brokers and investment bankers seeking professional help for their anxiety, the WHO has sounded an alarm saying that the financial crisis is likely to also increase suicides, as people struggle to cope with poverty and unemployment.

At present according to WHO, more than 75% of people suffering from mental disorders in the developing world receive no treatment or care. Margaret Chan, WHO director-general, said: "We should not underes-