

# The Age

## Blogs turn medium to curb suicide rate

**NIVI SHRIVASTAVA**

THE ASIAN AGE

The increasing rate of suicides in our country has become a matter of concern for psychiatrists in the city. Dr Samir Parikh, consultant psychiatrist, department of Mental Health and Behavioural Sciences, Max Hospital, recently highlighted the intensity of such sad cases in his blog. Usually, there is no specific age group that could be bracketed and most of the time the reasons are multifaceted behind such unfortunate incidents.

His objective to start such a blog is to look at the common problems and experiences in the light of the social and psychological context. He says, "Such a medium can turn out to be powerful motivators and ignite a way of thinking and doing something. Individuals who are having similar experiences

would certainly gain something from these blogs."

Many times we all come across such situations, be it by way of newspapers, media or instances happening around us.

Dr Parikh opines, "Any instance in which an individual is compelled to take his life, whatever the predisposing circumstances may be, makes us rethink and relook at our lives. When stress builds up and is not vented out, even a small incident may become a trigger for such an occurrence."

To solve the problems of people undergoing depression, the Internet can be a useful medium.

Dr Parikh says, "The economic condition, the threatened job scenario, difficulties in sustaining one's livelihood, familial pressures and discord, unhappiness and dissatisfaction are some of the reasons that may propel an

individual to consider such a course of action and in certain cases they might even act on it. We need to help individuals in making strong social bonds, which they can follow when they are in trouble." Psychiatrists stressed on the need for a consistent availability of mental health care experts and professionals to help individuals.

