

Why Does Suicide Happen?

Suicide happens when people are in deeply painful emotional states. They can't clearly think their way out of the situation. They lose hope and see no resolution to their difficulties. Suicide may appear to be the only way out of their overwhelming pain and frustration.

There is rarely a single cause of suicide. In most cases, it is a combination of many factors. Some potential reasons for a person to commit suicide include the following:

- Social isolation and loneliness
- Feelings of intense loss and grief caused by the death of a loved one or the breakup of a relationship
- Severe family, work, financial, legal or social problems
- Alcohol or other substance abuse issues
- Severe depression or other mental illness
- Severe chronic stress
- Domestic violence
- Post-traumatic stress disorder (PTSD)
- Low self-esteem
- Difficulties dealing with life changes
- Serious illness



- Loss of hope
- Intense embarrassment or humiliation in front of family, friends and colleagues
- Overwhelming feelings of guilt when one's actions have caused or are perceived to have caused the serious injury or death of a friend or family member

Motivations behind some suicides include the following:

- To avoid or end painful feelings
- To get attention
- To be seen as a martyr for a cause
- To avenge a wrongdoing
- To express grief or anger over a change in a relationship
- To escape an unbearable situation or problem
- To manipulate others
- To act impulsively
- To avoid humiliation