



## A Call for Attention Regarding the Prevention of Suicidal Behavior

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From the perspective of mental health, suicidal behavior has reached a great magnitude and implies a psychosocial disturbance that may exceed the management capacity of the affected population. It can even be considered that the entire child and youth population suffers from tensions that can lead them to become distressed to a greater or lesser extent.

Suicide in adolescents is a global health problem, occupying the third cause of medical assistance worldwide. With a high occurrence between the ages of 15 and 19, Cuba is not exempt from this problem, currently occupying the fourth cause of death in all ages, preceded by deaths from assaults.

The increase in rates for these causes in children and adolescents today has caused great interest in studying these behaviors in mental health professionals [1].

In 2020, the Foundation for the Care of Children and Adolescents at Risk (ANAR) responded to 145% more calls from minors with suicide ideas or attempts, and 180% more self-harm compared to the previous 2 years [2].

The interest in suicidal behavior in the child and adolescent population is based on the consideration of how important it is to know and investigate the causes, effects and variables that come into play in such a phenomenon, since these ideas are characterized

by the appearance of thoughts whose content is based on ending one's own life; thoughts that vary from lack of appreciation of life, desire to end one's existence, fantasies about death, and planning the suicidal act itself [3].

It is a multifactorial and complex phenomenon, in which physical, psychological, social and cultural factors intervene. The idea of suicide is the mental representation of the act. Ideas of death structure a personality that is characterized by strong anguish and progressive social self-marginalization [4].

The WHO identified it in 1970 as a major Public Health problem, it has always been linked to humanity and its customs [5].

Durkheim is the first author to define suicide in a way that delimits suicidal behavior from others in which death also results. To do this, it includes the characteristics of intentional purpose and self-provocation. It also defines a suicide attempt as a material failure of said intention. This definition by Durkheim is one of the most cited on the subject of suicide: "any death that results, mediately or immediately, from an act, positive or negative, carried out by the victim himself, knowing that he must produce that result. The attempt is the very act that we have defined, stopped in its tracks, before it results in death" [6].

For all of the above, we wish to make a call to the scientific community involved in mental health. Since this medical entity today constitutes a true pandemic and affects more people every day, as well as its appearance is at an earlier age in life.

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