

DEVELOPMENTAL AND BEHAVIOURAL PEDIATRICS**SUICIDE IN CHILDREN AND ADOLESCENTS*****Venkateswaran R**

Abstract: *Suicide is a significant public health issue in India, particularly among children and young adults. Several factors contribute to this major social / health issue which invariably culminates in a crisis. The factors are academic distress, social and cultural pressures, economic uncertainties, mental health issues and family / social issues. To address this crisis, experts recommend a multifaceted approach that includes providing accessible mental health services, improving family environments, implementing educational reforms, and reducing stigma and discrimination through community engagement. Educating care givers and primary physicians on this major devastating issue is also essential.*

Keywords: *Suicide, Ideation, Depression, Psychotherapy.*

Points to Remember

- *Suicidal thoughts and behaviors increase with age, with the highest rates among adolescents.*
- *Risk factors for suicide include pre-existing psychiatric illnesses, previous suicidal attempts, family factors and substance abuse in both sexes.*
- *Pediatricians should be aware of warning signs such as changes in behavior, mood or appetite and conduct a thorough risk assessment to identify potential risk factors.*
- *Early intervention, therapy and medications can help manage suicidal thoughts and behaviors in children and family support is essential in the treatment process.*
- *SSRIs are the preferred psycho pharmacological treatment for childhood and adolescent depression.*

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