



# Indian Association of Clinical Psychologists

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Mental health is a very important aspect of wellbeing. The alarming increase in suicide is a matter of concern to all. There is an increase in rate of suicide during Covid-19 pandemic. Pandemic is an additional factor contributing to an increase in stress, anxiety, depression, alcohol dependence, domestic violence, abuse and self-harm. As per WHO reports studies published in various journals reported that due to CORONA and Lockdown more people are developing depressive symptoms. There have been a staggering number of suicides, caused by fear of infection, loneliness, lack of freedom of movement and alcohol withdrawal during the lockdown findings published recently in a daily national news paper. This is an unprecedented situation and pandemic is going to cause more distress and it will affect people who are vulnerable and may exacerbate problems in those who already are under treatment for mental health issues. In last one year we have seen increase in number of suicide committed by celebrities, successful business personnel and across the various strata of society. There are many reasons behind taking such drastic decision to end one's life. Apart from situational and external factors e.g. natural calamities, pandemics, lack of employment other factors like predisposition and pre-existing mental health concerns are equally important factors which have impact on mental health of the individual. There is a need to create awareness and provide the opportunity to discuss these issues openly. The strong need is felt to highlight these issues so that identification is early and help can be given. A Clinical Psychologist is a professional mental health expert who is equipped with the knowledge and experience to deal with and provide psychotherapy/counselling treatment for suicidal thoughts, suicide ideation, suicide attempts, depression and anxiety. Along with Psychotherapy/ counselling sometimes medical treatment also becomes necessary if there is increased level of severity. There is a need to roll out suicide prevention effort on a wider scale. There is a need to make the mechanism of help available during the crisis and to focus on the high-risk groups recently unemployed, distressed migrant workers, farmers, women experiencing domestic abuse or men with a history of alcoholism.

**Indian Association of Clinical Psychologist is India's one of the leading Mental Health Professionals (Clinical Psychologists) association has started suicide prevention helpline number (08047192224) for the general public in this time of pandemic to provide mental health counselling and psychotherapy by the trained mental health experts to those who are experiencing mental health issues and suicidal thoughts.**

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