SUICIDE





Egoistic Suicide

(Absence of social integration)



Altruistic Suicide

(Sacrifice individual life to fulfil some obligation for the group)





(Lack of social regulation that occurs during high levels of stress and frustration)



Fatalistic Suicide

(Individuals are placed under extreme rules or high expectations)



SUICIDE INTERVENTION

4 action steps to help someone





STEP 2: Listen and be there for them



STEP 3: Help them connect to helplines







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