

**Management of the Problem of Suicide
(Happiness in the mind leads to no suicide)**

The 4th National Health Assembly has considered the report on Management of the Problem of Suicide (happiness in the mind leads to no suicide) and

Worried about the situation on suicides which occur on an average of 10 cases a day, leading to severe impacts on the economy, society, family, and community.

Concerned that changes in the way of life, the uncertainties in life, and the increasing incidence of natural disasters will affect all groups of the population, especially those with high risk factors for suicide.

Realizing that suicide is the end result of the working of many undesirable factors, but nevertheless is a preventable occurrence, especially that in Thailand there are examples of success in coping with it, which shows the importance of forging correct understanding, of cooperation among all sections of the society, especially in building mechanisms within the community itself and mechanisms on services. These successes will be guiding principles for preventive and curative work in other areas of the country.

Is of the opinion that in managing problems of suicide the emphasis should be on prevention, that is building happiness, strengthening the spirit of the population in general and that of at risk groups, providing assistance when people are distressed and mentally ill—in order to ward off the desire for suicide.

Thus issues the following resolutions:

1. Requests the National Mental Health Board in cooperation with the Ministry of Public Health, the National Health Security Office, The Social Security Office, the Ministry of Social Development and Human Security and relevant agencies consider and determine policies, measures, and required mechanisms, as follows:

1.1 Act to protect the rights of mentally ill patients, such that they can access health services comprehensively and with equality to others

1.2 Lessen obstacles in accessing health services, especially social obstacles that arise from prejudice towards those with psychiatric problems, this to be done by promoting the correct understanding of psychiatric illness.

1.3 Develop a system of providing effective advice to those with life and health problems so as to lessen their risks of suicide, and this to be done by an integrative effort on the part of the family, educational institutions, communities, agencies and organizations of the state and in the private sector.

2. Requests that the Department of Mental Health of the Ministry of Public Health in cooperation with the Office of the National Health Commission coordinate with and ask for assistance from mass media organizations to do the following:

2.1 Develop standards to control news presentation on suicides, emphasizing media to institute control among themselves by relying on their professional ethical standards. Their approach should be to: support the presentation of news in the dimension of building spiritual happiness, imparting knowledge on mental health and on strengthening the mental dimension of life conduct, emphasizing creative communication, building love and commitment within the family, and providing information on where to find advisory services.

2.2 Abstain from presenting pictures or content that communicate violence and ways to commit suicide in the television media, especially in plays, movies, online media and paper publications.

2.3 Promote the process of showing appreciation and honoring mass media that are doing a good job, in terms of promoting the idea of spiritual happiness or the joyful mind, explaining how to solve mental health problems, and pointing out preventive paths to solve the problem of suicide.

3. Requests that the Department of Mental Health of the Ministry of Public Health, Department of Local Administration of the Ministry of Interior, and Office of the National Health Commission support the Provincial Health Office, the local administrative organizations, and provincial health networks to work together and be responsible for developing a system of mutual help in the family and community as part of preventive measures on suicide and also promote the health of the people, to consist of the following actions:

3.1 Create mechanisms to build up spiritual happiness and mutual help within the family, build up quality social services, and prepare people psychologically for disasters and life crises. These efforts should cover dissemination of the principles of religion, of culture and customs; development of life skills for youth; dissemination of useful data and information useful to the caring of the mind and the building of happiness; and determination of social measures that lessen risk factors and enhance those factors preventing suicide.

3.2 Build up a database system covering the population at risk of mental problems, and while doing this, take into consideration the rights of mental patients. This in order to help in the search for, the planning for, the monitoring of and assistance to at risk groups of people, especially those who are further at risk of facing natural disasters, and are in need of prompt and timely assistance.

4. It is requested that the Secretary of the National Health Commission report progress to the 6th National Health Assembly.