

SUICIDAL DEPRESSION

AMONG VIETNAMESE YOUNGSTERS

Depression is a mental disorder.

Low Self Worth



Disturbed sleep/appetite



Sadness Tiredness



Lacking of Pleasure



Suicidal Depression occurs when the untreated patient has suicidal ideals.

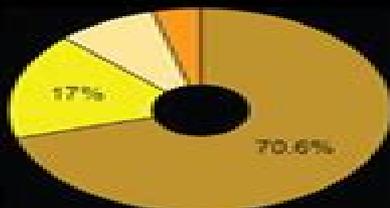
1/5 of Vietnamese young people experience mental disorders

#3 leading death cause among the age of 15 to 24 years old

8% of the population in Vietnam commit suicide at least once

4 most common reasons of depression among Vietnamese youngsters (17-24)

- Relationship
- Money
- Illness
- Study



3 most common reasons to suicide



Depression



Epilepsy



Alcoholism

IT COULD HAPPEN TO YOUR FRIEND

“Those who have close personal relationships cope better with various stressors, including bereavement, job loss, rape, and mental illness.”

(See Salovey, 2000)

Social Support Group is made up of



Friends



Colleagues



Family

4 common functions of SSG

Emotional

(concern, empathy, love, encouragement, caring)

Tangible

(financial assistance, material goods, service)

Informational

(advice, guidance, suggestions, useful information)

Companionship

(talking, listening, going out)

3 benefits of a SSG to a person suffering from mental disorders

- 1 Sense of belonging
- 2 Increased self-worth
- 3 Feeling of security

Saving Ted Williams

AN Whitehead



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