Suicide is one of the causes of death that has been interpreted in diverse ways by various points of people and schools. Also its largely spoken in modern days with regard to many subject matters but the society seems still perceive the suicide in a violent act rather than taking the causes of suicide in to close consideration that reflects on the motives and the reasons of this urge. Law identifies suicide as a crime and the attempter will be punished, society often stigmatizes the attempter, the near ones would consider the attempt for suicide as a disgrace on family but no one seems look in to the real causes of this act. Hence it is necessary to have a profound look in to the causes of suicide to give a concrete interpretation.

In modern complex social setting, the individuals affront with various situations and events that exceed the coping capacity and lead the way to highly distressing times. Desperation, frustration, loneliness, consistent failures and the other form of stressors are relatively common in modern days and especially in industrialized urban setting than in rural areas. Simultaneously the civilization had framed human life tightly with restrictions called norms, sex taboos, social and cultural taboos, customs, classifications based on diverse factors and that of casts. Hence human life in modern urban context is restricted more than ever and that exceeds the tolerable extent of individual. Therefore the rate of suicidal attempt and the suicides have been raised significantly in urban context in modern days.

When the cause of suicide or attempts are closely considered, frustrations, emotional failures, unemployment, indebtedness, individual conflicts, breakups of relationships, unhealthy relationships, desperation, interpersonal disaccords, emotional crisis, feelings of inadequacy and inferiority, lack of emotional support ion family, divorce, separation and feelings of rejection cause severe anxiety and distress and finally lead the way to suicidal ideation. In addition, many studies have proven that the attempters of suicide were severely depressed at the time of the act. Hence it is clear that when problems that the individuals suffer from are not recognized nor addressed in their everyday lives, so life quickly becomes tricky for them. Many of them juggle too many things at once, which become stressful for them. Most try to keep a good face, so their mates close ones or family members do not suspect anything and a sufficient supportiveness would not be delivered to them. Therefore final result will be attempt to suicide.
A significant percentage of people who attempt suicide are affected by mental disorders. It is estimated that there is a tendency of 20 more than what a normal persons tend to commit. They need medication as well as counseling. Also in such cases the external help as well as positive regard would support to prevent the suicide. Further the alcoholism and substance use too increase the risk of suicide. Also, those who have attempted once tend to attempt again. Also the twin studies have brought forward some evident that there are genetic predisposition for impulsivity and emotional dysregulation that weakened the control over the self destructive urges, but finally the contribution of external factors would trigger of attempt.

At the same time chronic conditions such as diabetics and heart diseases, and incurable diseases such as AIDS, cancers are too responsible for the suicidal ideation. But even in these cases the acute distress and frustration pave the path to suicidal ideation. Therefore, in resumption, biological factors, genetic factors, social factors and the psychological factors are contributing the suicide. But finally the pain or distress caused by any of the sources mentioned above lead the way to perturbation and then the individual is intolerably pressurized and he or she may commits suicide when there is no visible alternation or solution for releasing from pressure or when there is no one is there to help. Hence when all these above discussed facts and reasons are profoundly concerned, the suicide is an act of escape when there is no visible solution or alternation for the problem. But still the attempter desires to live.

The inability to cope with crises and unbearable emotional pain could have driven these unfortunate people towards suicide. Suicidal persons are often overwhelmed by a sense of helplessness, hopelessness, isolation and despair. A suicide attempt should be seen as a cry for help. Those attempting suicide are usually not determined on ending their lives. They are confronted by ambivalent feelings of wanting to end it all, but at the same time wanting to find a way to carry on with life. Many who attempt suicide are unaware of sources where they could seek emotional support. The availability of emotional support at a time of crisis could be crucial and could make the difference between life and death.

The attempter of suicide had to be assisted immediately as possible with solutions oriented practical help for soling his or her problem. The psychological first aid also can be utilized successfully at the immediate phrase to assist the attempter to find a pragmatic solution for his problems and possible alternate ways of problem solving should be provided. Reassurance empathy and sympathy plays a significant role in prevention of suicidal ideation. Suicide is a result of not feeling secured, loved, and helped when someone goes through a difficult situation that exceeds his or her level of coping. Also the attempt of suicide is a result of many internal and external contributive factors such as social, cultural, educational, personality that put the pressure on the individual while attempting to cope with the problems. Hence, the public also needs to be educated on how to recognize suicidal feelings and offer emotional support to persons facing a crisis. Suicidal thoughts can affect anyone, irrespective of age, status or ethnic origin. Because it’s a time that the individual cries for help in silence.