

mhGAP: Integrating mental health into primary care

Chapter 1: Introduction to self-harm/suicide | Lesson 1: Recognizing self-harm and suicide

Case study: Ai is an emergency presentation

The doctor asked me, *“Why are you here?”*

I replied that I have been asking myself this same question for years! Not about being in the clinic but being in the world. I have never found an answer. Since I was young, I have had a growing sense of worthlessness and self-hatred.

It feels like everything have, I don't deserve. Everything that I accomplish and receive, is a crime. I haven't done anything to be worthy of receiving it. When I fail, it's because I am useless and have nothing to offer. When I succeed, there is no sense of achievement. I only feel I have accomplished something ordinary, like drinking a glass of water.

Sometimes, there have been good times. I could have fun at a party. But, the low times are becoming especially low now. I feel guilty. I hate myself. I cannot put up with this for another 50 years. I'm not interested. I would rather be dead.