

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 (contd)

I expected the doctor to be shocked when I said these things to him, but he was not. Instead, he asked, “Have you ever tried to kill yourself?”

I told him, “I tried to kill myself two weeks ago. I was at a friend’s party. I had too much to drink and cut my wrists in the bathroom. My friends found me. I told them it was an accident. I went to the hospital and then came back home.

What surprised me the next day was how normal I felt. I have thought about dying nearly every day for five years. I feel so guilty, so full of self-hatred and so hopeless about it. Attempting death is a release for me now.