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TOPIC: SUICIDE AND MURDER.

Defining the terms: suicide can be defined as the intentional killing of oneself while murder is the intentional killing of other people. Suicide is also a desperate attempt to escape suffering that has become unbearable.

With the world facing a global pandemic, it seems that the pandemic is not the only problem we are facing in the world as suicide and murder has posed even a greater threat to human existence. The global pandemic leading to social distancing has created a gap between a lot of people and their social lives. Inaccessibility to their social lives has driven a lot of people to depression thereby making them commit suicide.

Murder has also become the order of the day, incessant killing of other people is becoming even rampant. The world is going through a pandemic and the rate at which murder is increasing is quite alarming. Alot of souls are getting murdered cruelly by unknown murderers.

The world records over 100 new cases of suicide/ murder everyday and reports has shown that over 800 000 people die of suicide every year, that's one person every 40 seconds. But ever since the pandemic, the figure has drastically increased.

The following are factors that cause suicidal thoughts:

1: Job loss

2: Depression

3: Anxiety

4: Substance abuse.

Blinded by feeling of self loathing, hopelessness and isolation. A suicidal person can't find a way to relief or escape pain except through death. But despite their desire for the pain to stop, suicidal people are conflicted about ending their own lives. They wish there was an alternative to suicide but they just can't see one. A suicidal person is constantly torn between living or taking their own lives.

Despite being blinded by suicide and not seeing any other way out of pain, very little things can stop the trigger of suicidal thoughts in people.

1: The society needs to become a safe place for people, less judging of people's character and careful selection of words when dealing with people with suicidal thoughts.

2: Most suicidal people give warning signals if their intentions, the best way to prevent suicide is to recognise these warning signs and know how to react when you spot them.

3: Showing then care and making them understand there is an alternative and getting a doctor or psychologist involved are ways of prevent suicidal thoughts in people.

Note: we should always be nice no matter what, we never know what people are going through.