

## **Nigeria Police Force**

**Press release**

**April 19th 2023**

### **Nigerian Police Force set to sensitize Nigerian Populace on depression and the rising numbers of suicide.**

In its new CSR drive; Stop Suicide Now, Nigerian police force has stated that it will begin its efforts to create awareness on depression and suicide as the numbers of Nigerians facing depression and cases of suicide is on the rise.

Like many under developed countries, depression and suicide in Nigeria is not talked about enough by the media.

The Nigerian Postgraduate Medical Journal described depression as a major public health problem with a prevalence of 4.4 per cent in the global population, and 5.4 per cent in the African region and affects about 322 million people globally.

The publication noted that depression, like in other regions of the world, is more common among females (5.9 per cent) compared to males (4.9 per cent) in Africa. The prevalence of depression in Nigeria is estimated at 3.1 percent while the estimated incidence increased worldwide by 49.86 per cent from 172 million in 1990 to 258 million in 2017. There is a notable increase in Western subSaharan Africa by 124.42 per cent.

On the other hand, suicide which is also a mental illness is the act of intentionally taking away one's own life. Certain triggers may include depression, relationship problems, harassment or bullying. In a study carried out by BMJ Journals to examine the demographic information and precipitating events for suicides in Nigeria by analysing contents of newspapers reports of suicide they found that between January 2010 and December 2019, 350 suicides were reported, this is an alarming number. This study suggests that being male, married or living in semi urban areas are associated with suicide in Nigeria.

To sensitize Nigerians, the IG of Police has announced that they will be setting up workshops across Nigeria where mental health coaches will educate the masses on identifying signs of depression early on and actions they can take to help, this is in attempt to reduce the number of people who see suicide as a solution.

They have also set up a hotline which they are encouraging Nigerians to call if they have suicidal thoughts or depressive episodes they cannot handle. The line is also open to Nigerians to report any suspicions that a loved one or someone around them plans to commit suicide