

ULTRA ACCESS

World Suicide Prevention Day

Helping raise awareness for all those who have been affected by suicide

Suicides: statistics show that as each year goes by, they are happening more and more often and its something that we at **ULTRA ACCESS** would like to discuss today within this UADIP Publication.

September 10th is **World Suicide Prevention Day**, which is the official date given, but we feel that EVERY DAY should be considered as a day to actively help raise awareness and to support those who are considering ending their own lives.

Originally termed from the Latin; "**Suicidium**", which is translated as thus - "**the act of taking one's own life**", its been a plague on humanity since man first learned to walk upright, back many hundreds of thousands of years past.



Thought is that its mainly seen as a **Mental Health** issue, with many who are suffering from deep depression, and overwhelming levels of stress often considering suicide, or having long lasting thoughts about ending their life...
...but this is not always entirely the case, nor always based on someones mental health state.

People have and still do commit suicide due to other mitigating factors, including trauma over abuses suffered, horrendous levels of bullying experienced (either in real life, or online), due to being guilt-ridden about ones past actions and for crippling financial problems, being a few other examples of why people end their lives.

Oddly enough, and definitely thought-of as such when compared to modern standards of honour and duty, there is such a thing as "Honour Suicides", where people commit this act to save their reputation, integrity and sometimes, their very own "family name".

- In ancient times, and famously with Mark Antony (the Roman General) and Cleopatra (the Ptolemaic Egyptian Queen) decided to commit suicide using the poison of venomous snakes, according to legend, as a way to (allegedly) preserve their honour, rather than face the humiliation of capture and possible torture/execution by Roman Emperor Octavian Augustus after the Battle of Actium, which also effectively ended the Egyptian Ptolemaic rulling bloodline... with the entire province coming under full control of Rome.
- In feudal Japan, Samurai who are defeated (but spared) in battle, or when their Lords / Daimyo - who were the wealthy aristocratic landowners of the time were slain, either in battle themselves, or by assassination, would take their own lives, rather than live with the shame of existing as a Ronin (a dishonoured and "homeless" Samurai warrior), an act known as Seppuku... involving oiling, sharpening and inserting a small sword into the stomach and drawing across to cut open the belly, with the death caused by bleeding out.

There are other examples, and our point being that suicide has been a part of the human experience since time and memorial, but that doesn't make it any less painful for those who're left behind to pick up the pieces, with their own feelings of pain, guilt and regret.

Taking ones life takes tremendous courage, but equally so is the act of seeking help for those with this never-ending feeling of hopeless dread...

... people are here to help and you don't have to suffer alone. If you feel this way, please talk and get the support you deserve.

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