

Patterns of Suicide and Deliberate Self-harm in Sri Lanka: Recent Trends

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Suicide and self-harm remain a major contributor to mortality and morbidity in Sri Lanka. Suicide rates, especially in groups such as young females, remain high in Sri Lanka despite the reduction in overall rates. Rates of self-harm on the other hand continue to increase. The interventions to reduce suicide rates after the peak in 1995 was an important point in history of Sri Lankan healthcare. Now more than a decade later, it is timely to look at the new trends in suicide and self-harm to intervene early and implement population based strategies to prevent repetition of a disaster.