

# AFTER THE ATTEMPT: WHY SUICIDE SURVIVORS SEEK OR SHUN HELP

## KEY FINDINGS

EXPLORING INFLUENCES IN HELP-  
SEEKING BEHAVIOUR AMONG  
INDIVIDUALS WITH LIVED EXPERIENCE  
OF SUICIDAL BEHAVIOURS IN MALAYSIAN  
GOVERNMENT HEALTH FACILITIES

## INTRODUCTION

Suicide is one of the leading public health concerns worldwide. Similarly, in Malaysia, NHMS 2023 reported that 43.6% of individuals aged 16 years and above have suicide ideation. One in ten adolescents was reported to have attempted suicide. However, research on help-seeking among individuals with lived experience of suicidal behaviors in Malaysia is still limited and there is a gap for exploration and understanding on the matter.

## OBJECTIVE

To study the factors that influence help-seeking of individuals with lived experience of suicidal behaviour.

## METHODOLOGY

### STUDY POPULATION

aged 18 and older with lived experience of suicidal behaviour AND undergoing treatment in Malaysian government health facilities during the study period

### SAMPLING

- Purposive sampling based on a maximum variation matrix
- Namelist received from psychologists in facilities involved
- Interviews and data analysis done up to saturation level achieved

### INSTRUMENT

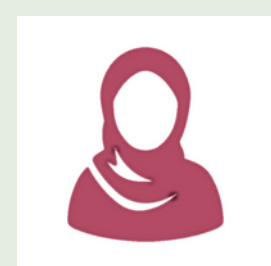
- In-depth interviews (IDI) using semi-structured interview guideline
- Patient Health Questionnaire-9 (PHQ-9) was used to screen and identify eligible participants

### DATA COLLECTION

September 2023 - March 2024

## RESULTS

### Gender



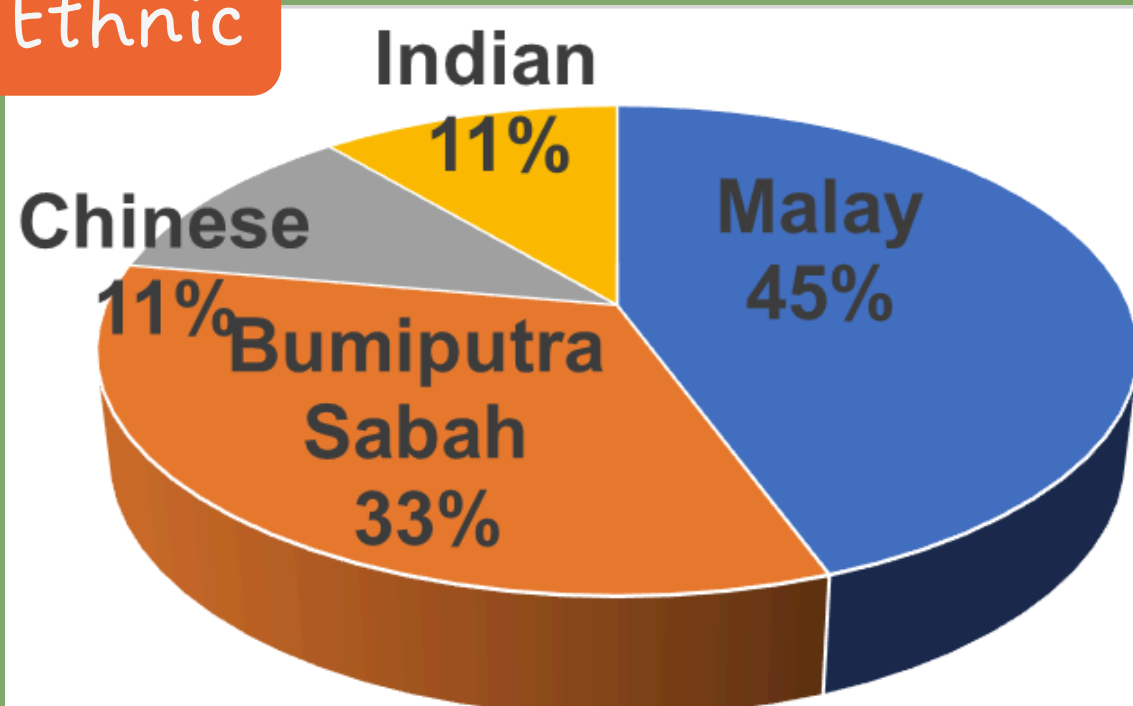
n=23



**Female**  
78.3%

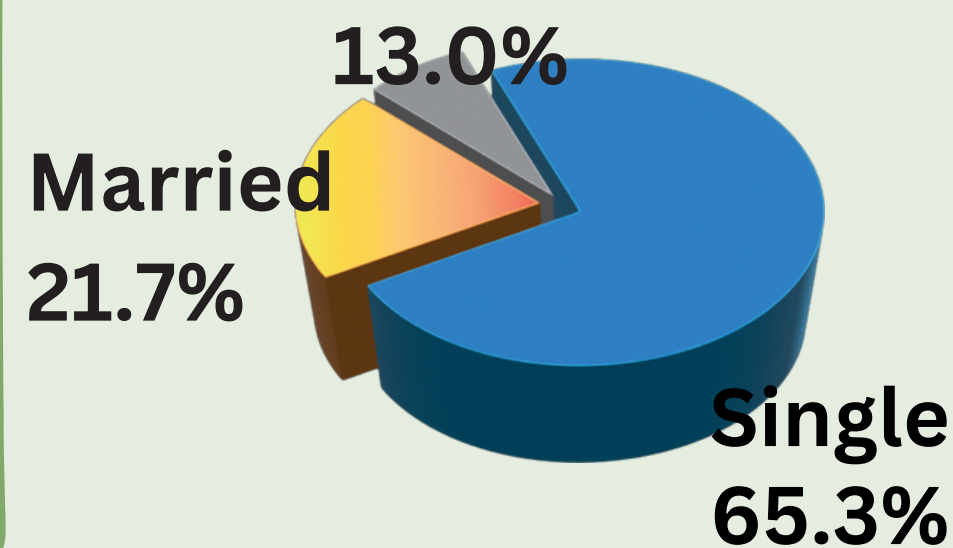
**Male**  
21.7%

### Ethnic

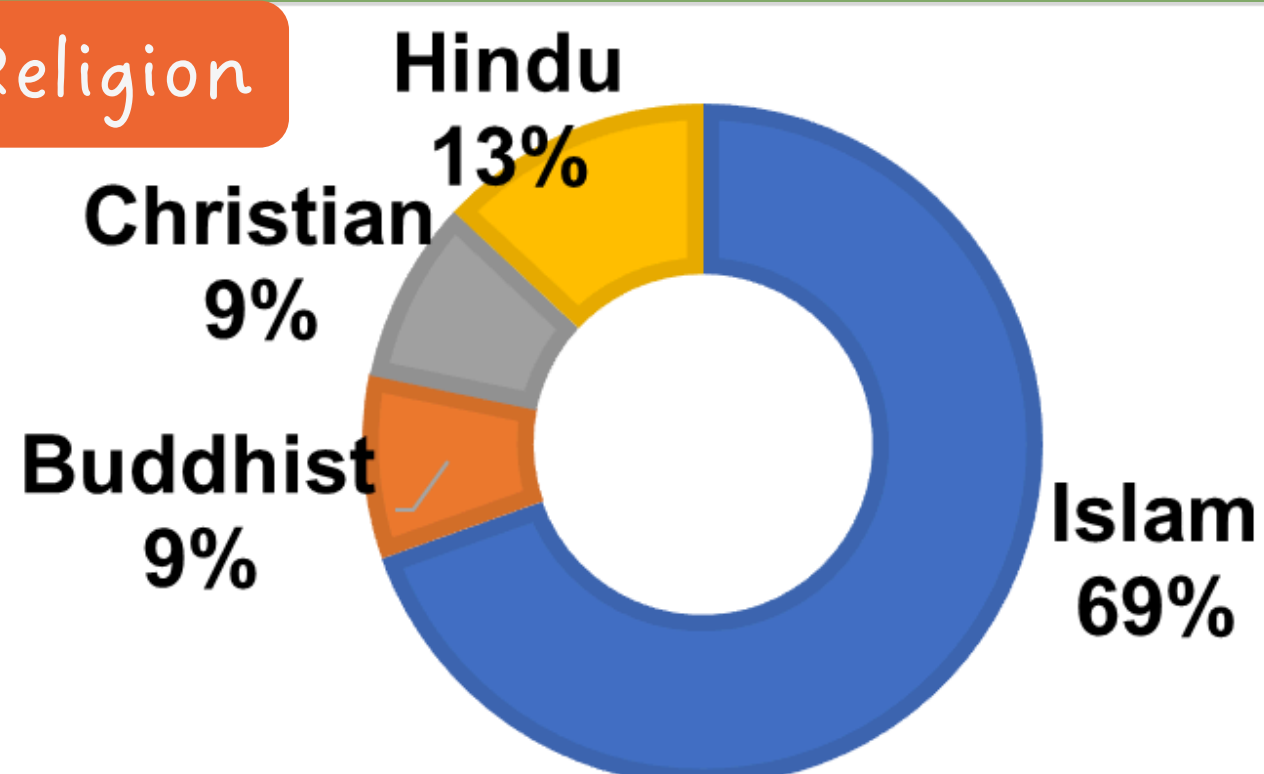


### Marital status

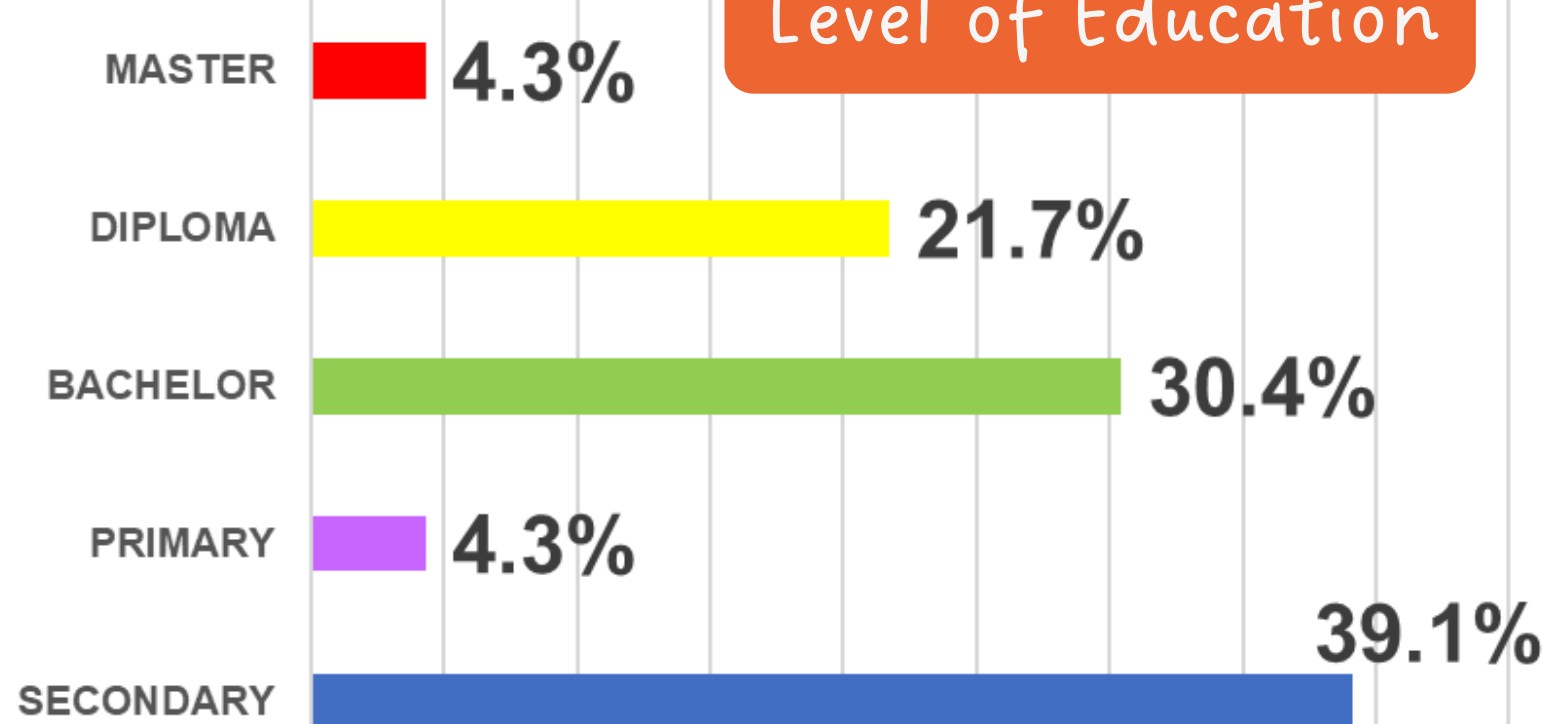
#### Divorced/Separated



### Religion



### Level of Education



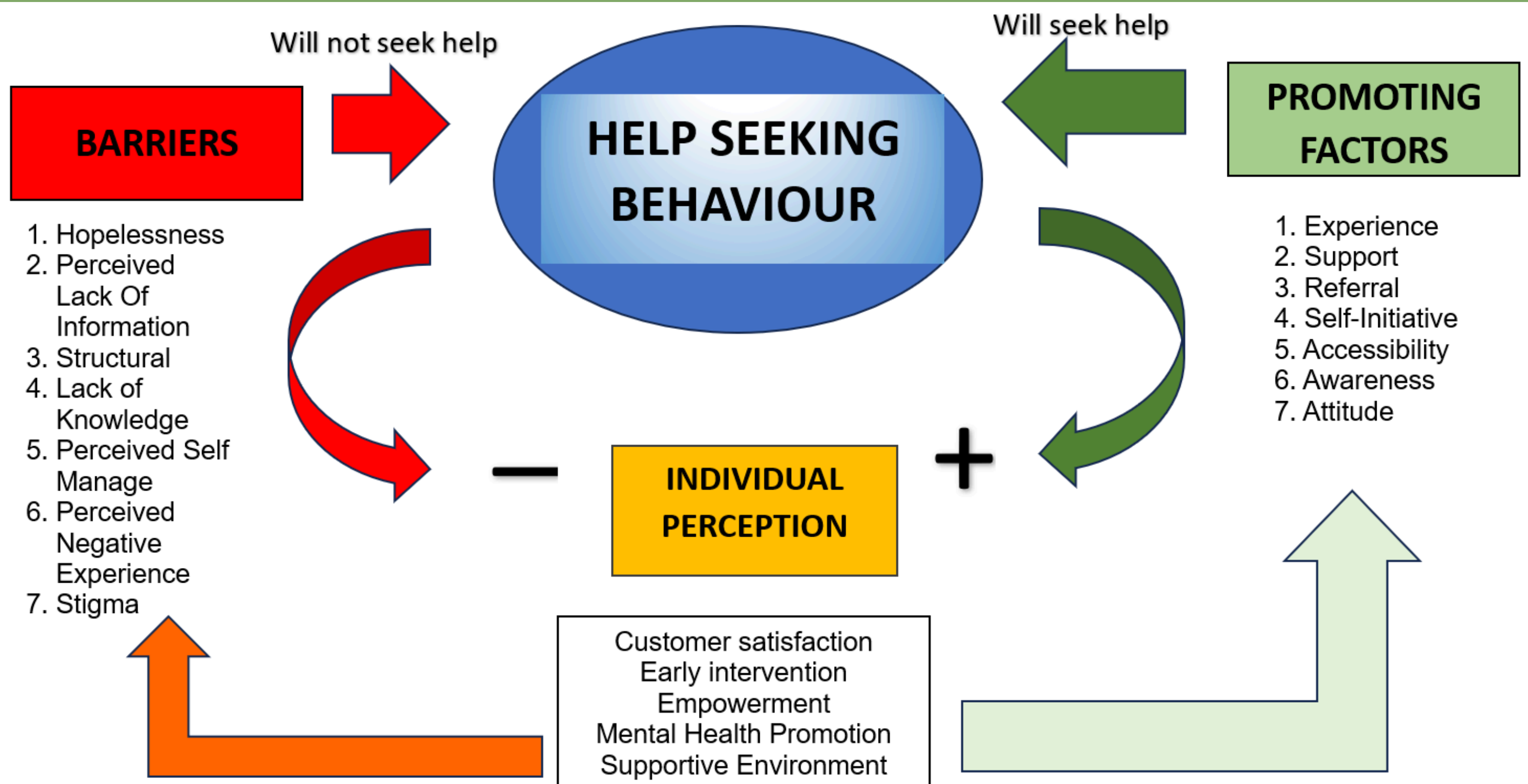
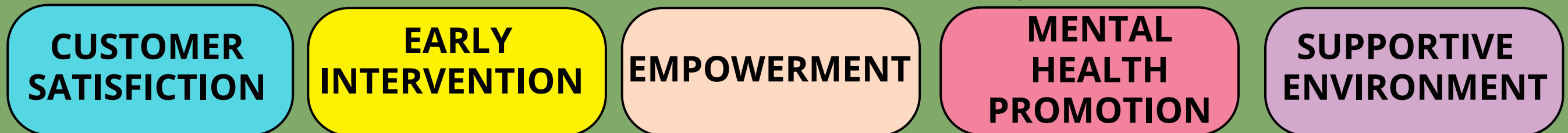
# 7 THEMES FOR HELP-SEEKING FACILITATORS



# 7 THEMES FOR HELP-SEEKING BARRIERS



# 5 THEMES FOR HELP-SEEKING PERSPECTIVES



## DISCUSSION

Based on the analysis, the help-seeking behaviour among individuals with history of suicidal behaviour can be divided into facilitating factors, barriers and the individuals' own perspective. There is a close relationship between the individuals' intention to seek help and their perspective on getting help itself. An individual with a positive perception on any or part of the five themes of perspective discussed will result in a positive outcome, acting as a motivating factor. On the other hand, a negative perception can result in a negative outcome, creating a barrier to the individual's help-seeking behaviour.

## CONCLUSION

The clients' perspective on mental health and mental health services itself are important components to be taken into consideration when planning for suicide intervention programmes. Understanding these factors could assist the relevant stakeholders in developing the best intervention for treatment and suicide prevention in the country.



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## ACKNOWLEDGEMENTS

The authors would like to thank the Director General of Health Malaysia for permission to publish this research highlight.

## DISCLAIMER:

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