



UNIVERSITI
TEKNOLOGI
MARA

College of
Built Environment

Poster Book

IIIDBEE X 2023
20 JANUARY 2023
*International Invention, Innovation & Design Exposition
for Built Environment and Engineering 2023*

**College of Built Environment
UiTM Puncak Alam**
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**Unleashing Potentials
Shaping the Future**

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THE PHENOMENA BEHIND ASEAN'S HIGH SUICIDE RATE

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Suicides in Southeast Asia on the rise

- The World Health Organisation (WHO) reported that over 800,000 people commit suicide every year.
- For every suicide there are many more who attempt suicide as well. A life lost to suicide is always tragic and affects everyone in the community.

Reasons for Suicide

- Pre-existing mental health conditions and substance abuse.
- Marital problems, financial problems and sexual harassment.
- Anxiety and depression caused by low self-esteem, bullying, a dysfunctional family, a change in environment, pressures of conforming to society or a body-image and the high expectations of parents in academics.
- Poverty and a lack of education.
- Highest in ASEAN's low to middle income countries due to poor access to appropriate care, a large treatment gap, a lack of appropriate services and facilities and stigma and discrimination.

Income Group (per capita in USD) :

Lower-Middle Income - 1,046 - 4,095
Upper-Middle Income - 4,096 - 12,695
High Income - > 12,695

Key Map

