Preventing Youth Suicide

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Cambodia has the highest suicide rate in Southeast Asia, with rates among young people being particularly concerning. The main reasons for suicide among young people in Cambodia are depression, family conflict, and substance abuse. In addition, there is a lack of access to mental health services, and cultural stigmas around mental illness can prevent young people from seeking help. To address this issue, there is a need for increased awareness and education on suicide prevention, as well as the establishment of more accessible mental health services. A multidisciplinary approach that involves educators, health care providers, and community members can also play a role in reducing suicide rates among young people.

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