

Information of suicide and debt

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Money and debt are part of our lives. Most people using debit or credit card when they are shopping every day because it is quicker and easier than paying with cash. With increasing of convenience of shopping, having a debt is also getting common in our society. It is one of the serious problems in the world.

Also suicide is the one of the main reasons of death these days, but did you know that debt is relating to suicide?
Cause of suicide always comes from suffering. And the suffering often comes from poverty.

This information letter will analyse about how debt relates to suicide so please read this and keep it in mind the risk of having a debt not just economic meaning, as biological and psychological meaning.

Fig.1

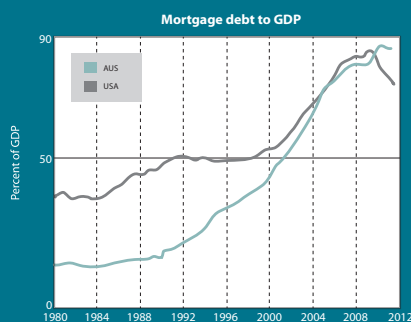
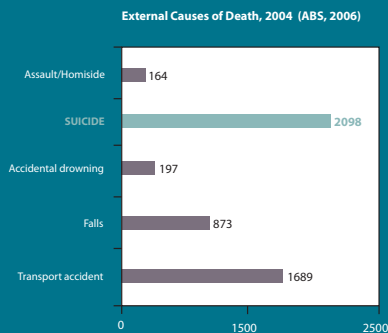


Fig.2



DEBT AND SUICIDE RATE IN AUSTRALIA

First of all, look at fig.1 which shows that latest rate of Mortgage debt to GDP. it shows Aussie debt rate is higher than USA in 2012. And also it is still increasing.

Secondly, fig.2 shows external causes of death in Australia. This rate was researched by CAPS (community action for the prevention of suicide), and clearly suicide is the main cause of Australian death in 2004.

Compare these two charts which are mortgage debt to GDP and external causes of death, the numerical values are both increasing in the late researching. In 2004, suicide is the most common reason of death in Australia (fig.2) and when turn back to the fig.1, Australian debt rate is slightly higher than USA in 2004-2005.

According to Australian government researches, the main reason of causes of suicide is mental illness. such as depression, sadness and anxiety.

SUICIDE BY DEBT IN INDIA

In India, over 25000 peasant farmers died by debt since 1997. Their income is not high enough to pay their taxes and facilities but they have to pay it. This is the main reasons of why they suicide. Also having a debt makes people anxious, suffering and irritate. They cannot escape from debt contract. This debt cycle drive them to depress. Furthermore, having a debt is a shame in society so it also makes people to think deplorable themselves. Such depression will turn into mental illness and drive them to smoke, drunk and drug or something not healthy. So it can say that debt is deeply relates to human mental illness and health.

HOW DEBT CHANGED TO PROBLEM DEBT?

Having a debt is easy but if you missed the limit or repay date, you need to pay more as penalty. Adding penalties are very common thing of debt, but increasing penalties makes people to anxious and irritate. Also there is creditor's pressure. They keep asking when you need to repay and keep noticing the details. Sometimes they visit to see you to remind your repayment. It is one of the big reason to make people stress.

DEBT AND MENTAL HEALTH

Mental health and debt are deeply relates to each other. The extremely bad situation is the suicide by debt, debt can drive our feeling sad and annoying. Once miss payment occurred, you will get a penalties for it and if you keep miss payment, your feeling will be beyond the normal feeling for instance, ignoring the notification and keep using money and increasing a debt and make the situation worse by yourself. If you became like that, you cannot stop using money like a shopaholic. Or if you have too much stress for your debt, you just work hard to repay your debt and drive you crazy as well. Anyhow if you are trying to repay too much money or not, you will suffer to finish the situation and easier to get a mental illness. This bad cycle is also engages to suicide in psychological meaning as well.

CONCLUSION

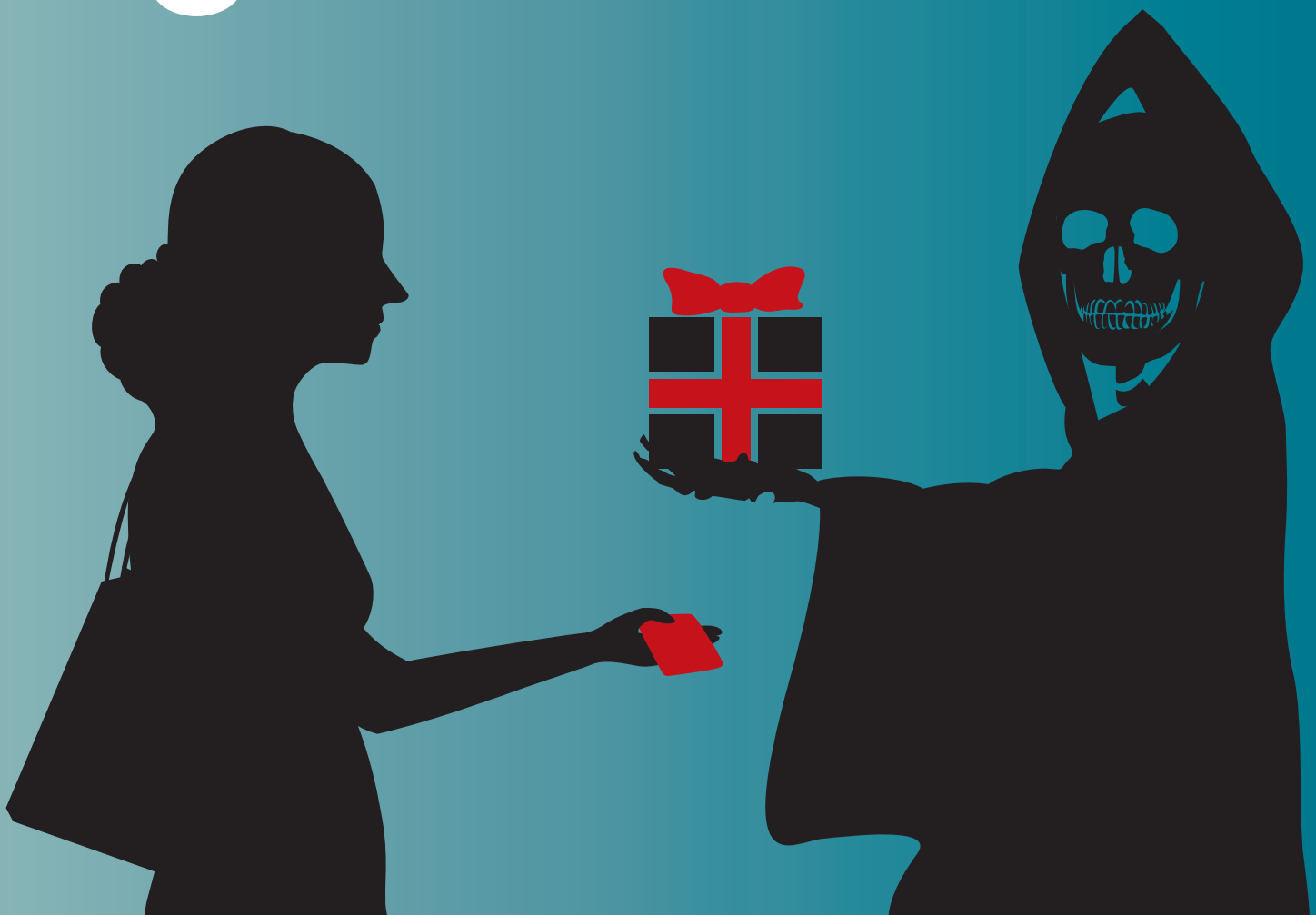
To sum up, Australian debt rate and suicide rate are both increasing in the late researching. In researching of Australian suicide reason, the common reason is the mental illness by the Australian government, and in the other researching shows that having a debt makes people to mental illness. All negative feelings by having a debt can drive people to suicide. or illness. Rising debt rate is not because of only credit card, but also increasing of costs of house, education and insurance which are very important in our life. Financial difficulties is also relates to debt, is common reason of suicide as well. So it can say that debt is deeply engages to our health and death, we should rethink before having a debt in our normal life. Also we need to consider the risk of debt and view debt as not only economic meaning but also psychological and biological meaning.

LIST OF REFERENCES

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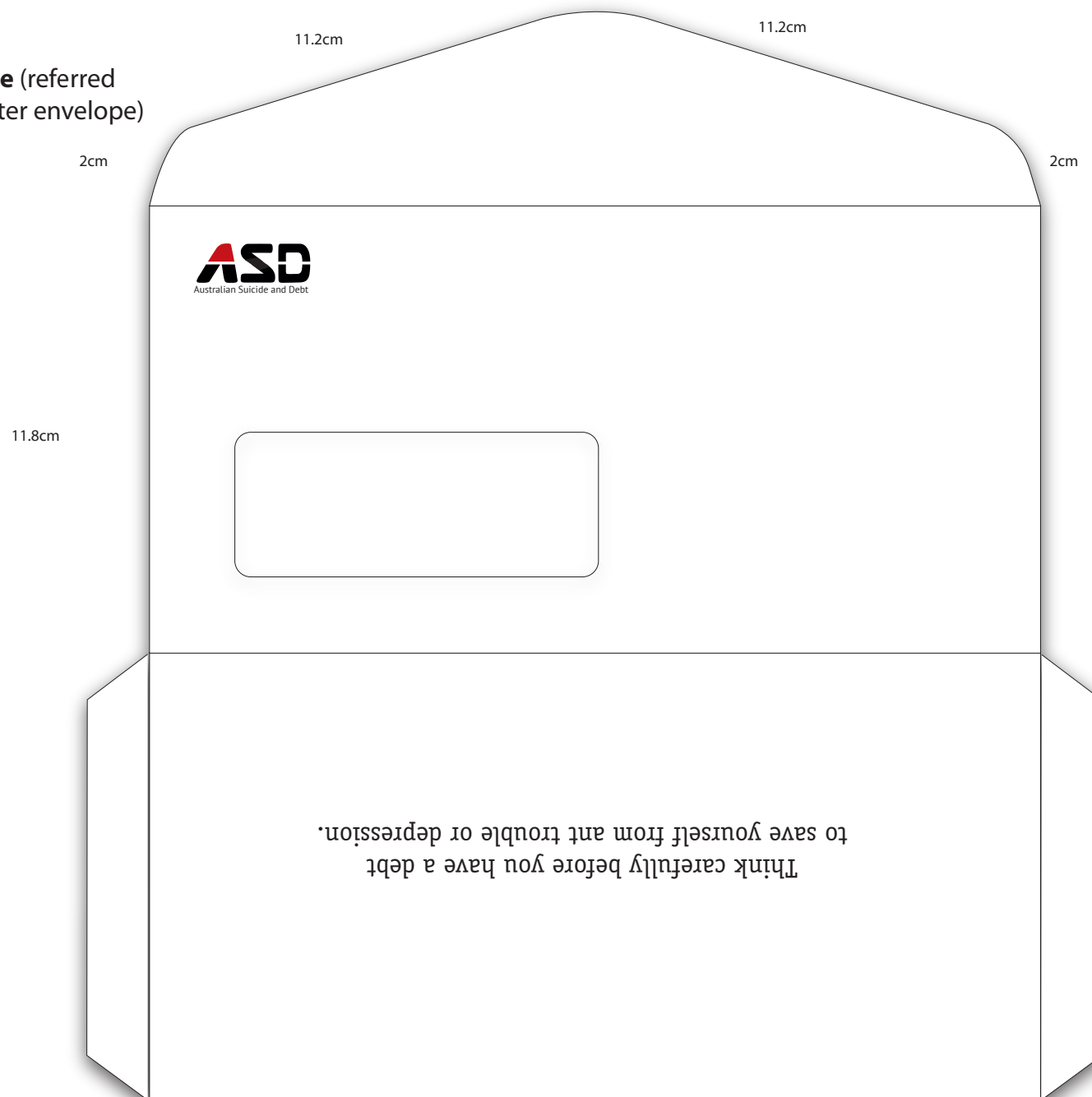
Think carefully
before you have a debt...

...to save yourself from any
trouble or depression.



Envelope

Envelope size (referred
ANZ bank letter envelope)





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Fig.1

Mortgage debt to GDP



Fig.2

External Causes of Death, 2004 (ABS, 2006)



SUICIDE BY DEBT IN INDIA

In India, over 25000 peasant farmers died by debt since 1997. Their income is not high enough to pay their taxes and facilities but they have to pay it. This is the main reason of suicide among farmers.

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to save yourself from ant trouble or depression.