

The Benefit Analysis of Hot Lines and Suicide in Taiwan

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Objective

Suicide mortality rates have been steadily rising in Taiwan, and suicide has been among the top-ten causes of death for the last consecutive eight years. In response to this situation, suicide prevention plans and related care delivery system networks nationwide were necessary. The Taiwan life line international was one of the largest NGO, who will offer a helping hand for individuals who have attempted suicide, maintaining a spirit of showing positive values and achieving mutual benefits.

Methods

The study included annual statistics of life lines in 2014, the descriptive statistical analysis methods was used to understand the relationship between the calls for help and suicide.

The results

According to annual statistics of life lines in 2014, they were about 2,800 volunteers providing telephone services and over 166,710 calls recorded in the whole year. It reached a historic high in Taiwan. It was about 50.57% of calls from the women. It was about 58.47%, most of the age group belongs to 30 to 59 years old. It was about 46.71%, the unknown level of education tried to use the lifeline services. The main problems in the lifeline services were about personal feelings, interpersonal relationship, couples, and family issues accounted for 41.06% ; followed by psychological problems, accounting for 27.88%; other issues, including sexual problems, economic , legal, academic, vocational, health care, life / religion, politics, alcoholism and other drug problems again, the total accounted for 31.09%.

In conclusion

In the past five years, the declined suicide rate correlated with the gradually increased lifeline hotline services. The lifeline of the hotline services is indeed one important role to promote the core values of "Saving Life, Restoring Hope". It is worthy for the Taiwan Lifeline to analyze the cost benefit for each of its programs and to form a strong foundation for future work. The Lifeline will provide continuous training and certification to strengthen the abilities of all individuals involved in dealing with depression and intervention to prevent suicide attempts.

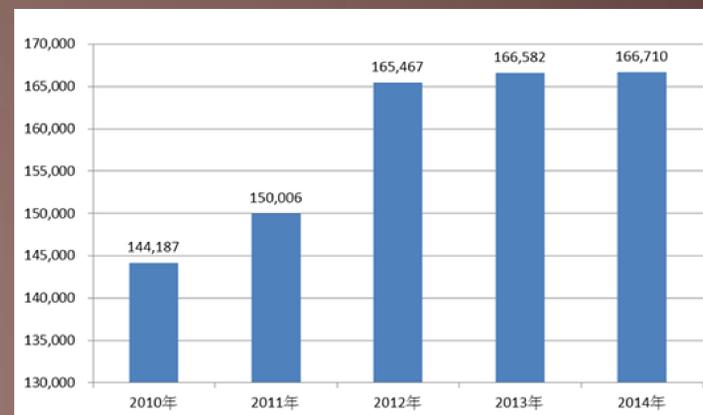


Figure 1. The visitors called for help with 995 life line in recent five years.

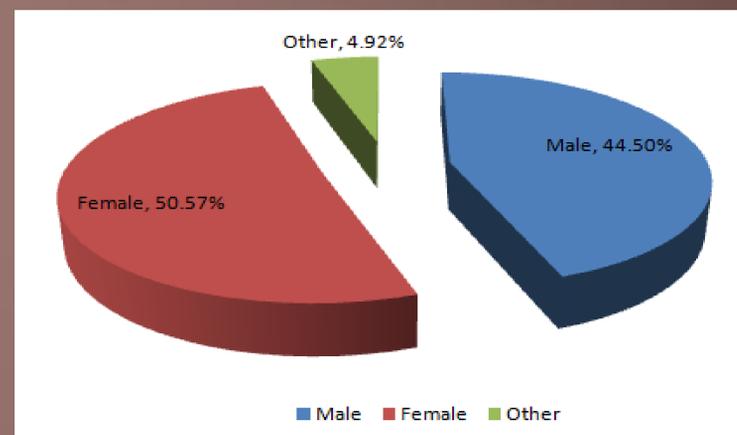


Figure 2. The sex ratio in the visitors with 995 life line in 2014 (male: blue female: red).

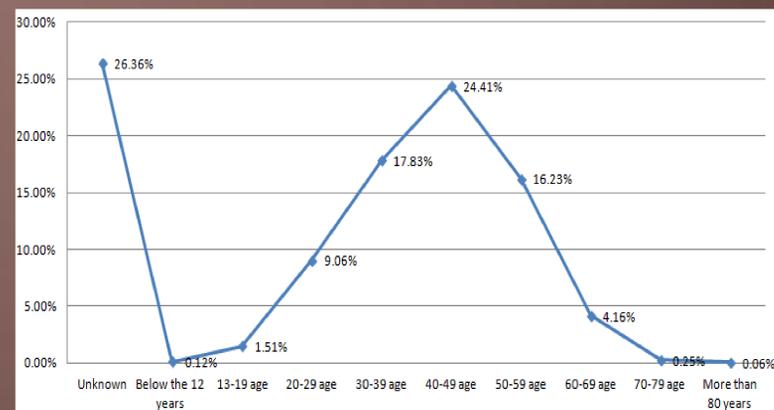


Figure 3. The proportion of age in visitors with 995 life line in 2014.

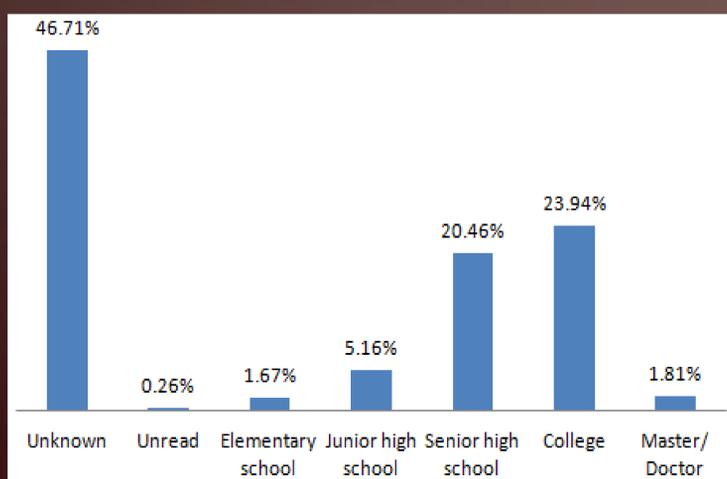


Figure 4. The education level in visitors with 995 life line in 2014.

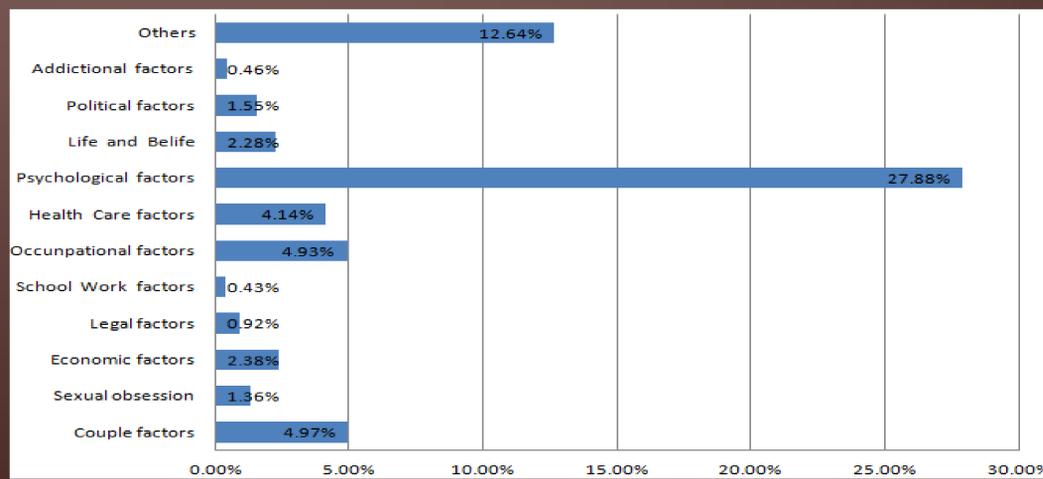


Figure 5. The problems in visitors with 995 life line in 2014.