

Glimpse of Hope: A Case Study of the Oppressed Suicide Survivors

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Abstract

This study explored the lived experiences of the oppressed suicide survivors in Ilocos Norte focusing on the factors that influenced the participants to commit suicide, the methods they used, the circumstances that led to the failure of their suicide attempts, and the personal realizations they developed after surviving the experience.

The study employed a qualitative research method through a case study research design to collect data using a semi structured interview guide from the suicide survivors who were selected through purposive sampling based on the criteria that they had experienced repeated forms of oppression and had survived at least one suicide attempt. The study was conducted in selected municipalities of Ilocos Norte, namely Bacarra, Batac City, Dingras, Marcos, Solsona, and San Nicolas. Narrative analysis was utilized as the treatment of data to examine how participants constructed meaning from their experiences within their social and cultural contexts.

The findings revealed that participants were influenced to attempt suicide by persistent experiences of oppression, including emotional neglect, family conflict, academic pressure, discrimination, humiliation, and feelings of worthlessness and hopelessness. The methods used by the participants varied and included medication overdose, self-inflicted cutting, and ingestion of toxic substances, often chosen based on accessibility and emotional impulsivity. Suicide attempts failed primarily due to timely intervention by family members, peers, or community members. After surviving their attempts, participants reported significant realizations, such as recognizing the value of life, strengthening faith and spirituality, developing self-worth, rebuilding relationships, and cultivating resilience despite ongoing challenges.

The study demonstrated that suicide attempts among oppressed individuals are deeply rooted in prolonged social and interpersonal oppression rather than isolated personal weakness. However, survival opened pathways toward reflection, personal growth, and renewed hope. The findings underscore the

importance of compassionate family relationships, supportive school environments, community awareness, and responsive mental health interventions. Addressing oppression at multiple social levels is essential in preventing suicide attempts and fostering recovery, resilience, and hope among survivors.

Keywords: oppressed suicide survivors, oppression, lived experiences, qualitative case study, resilience

The Problem and Its Setting

1. Introduction

Oppression manifests in many forms within families, schools, and broader social systems. It may appear as emotional neglect, excessive control, discrimination, or the suppression of an individual's freedom and identity. These experiences can slowly erode one's self-worth, creating emotional distress that can lead vulnerable individuals to feelings of hopelessness and isolation. For many suicide survivors, oppression has become an unseen burden that shapes their thoughts, emotions, and behaviors.

Suicide survivors often face layered forms of oppression, such as rigid authority or emotional neglect within the home, overwhelming academic pressure or judgment in school, and discrimination or exclusion within society. These interconnected stressors can leave individuals feeling trapped, powerless, and invisible. Yet despite these struggles, many survivors demonstrate a profound capacity for resilience. Studies show that survivors frequently experience stigma, isolation, and oppressive environments, but they also develop inner strength and a renewed will to live after their attempt (Shamsaei et al., 2020).

Several international studies shows that adolescent suicide attempt survivors emphasized how personal and social factors, including bullying, family expectations, and societal judgment, influenced the decision to attempt suicide, as well as the emotional context and coping strategies following survival (NNPUB, 2021). Similarly, a qualitative case study exploring survivors' personal stories revealed that relationship breakdowns, social marginalization, and emotional distress were significant influences, while post-attempt realizations included gratitude, strengthened social connections, and a renewed awareness of social support (AJESS Journal, 2021). Additionally, the "Forever Decision" study investigated the process leading to suicide attempts, highlighting how individuals navigated social constraints, internalized pressures, and planning of methods within oppressive environments, as well as the situational circumstances preceding failed attempts (PubMed, 2022).

Similarly, Philippine studies highlight that survivors frequently experience stigma, emotional neglect, poverty-related stress, and academic or familial pressure, which intensity feelings of hopelessness and isolation (Lopiga, 2021). Despite these protections, many survivors in local contexts, including Ilocos Norte, continue to face stigma, limited support, and various forms of oppression that contribute to emotional distress. Compassion, connection, and understanding remain essential foundations for recovery (Lasater, 2020).

This study explores the lived experiences of the oppressed suicide survivors by examining their struggles, coping mechanisms, and pathways toward survival and hope.

Background of the Study

Suicide remains a persistent global concern, deeply influenced by social, emotional, and psychological stressors. Many individuals continue to live under various forms of oppression, whether through systemic inequality, family dysfunction, discrimination, academic pressure, or social exclusion. These conditions can severely affect mental health, often fostering anxiety, depression, and self-destructive thoughts.

The World Health Organization (2025) reports that more than 720,000 individuals die by suicide each year, making it one of the leading global causes of death. Oppression, in its many forms, often overwhelms a person's coping capacity, especially when they lack sufficient emotional support or resources (Emmert et al., 2024).

Beyond prevalence figures, research has shown that social determinants such as poverty, family conflict, academic pressure, discrimination, and social exclusion play a significant role in suicidal behavior, as these conditions often operate as forms of structural and interpersonal oppression that erode individuals' coping resources, restrict access to supportive and responsive care, and intensify feelings of entrapment, hopelessness, and worthlessness across family, school, workplace, and community contexts; moreover, even in settings where legal reforms and school-based mental health programs are in place, persistent gaps in implementation, stigma, and culturally incongruent responses continue to limit the effectiveness of formal services, resulting in many individuals relying on informal supports or remaining unseen by mental health systems (Kirkbride, 2024).

In the Philippines, suicide continues to rise as a public health concern. The Department of Education (2022) reported 404 suicide deaths and 2,147 attempts among the youth, with major contributors including family conflict, academic pressure, poverty, and stigma. In the Ilocos Region, 73 suicide cases were recorded in 2023: 30 in Ilocos Sur, 24 in La Union, 11 in Ilocos Norte, and 8 in Pangasinan (Department of Health, 2024). These figures emphasize the need to investigate how oppression contributes to suicidal behavior in specific communities, including Ilocos Norte.

This study is related to the field of criminal justice as it examines suicide not merely as an individual psychological act but as a social phenomenon shaped by oppression. Suicide is often associated with deviance, victimization, and social control, particularly when individuals experience prolonged emotional abuse, discrimination, or neglect. Understanding the lived experiences of oppressed suicide survivors provides criminal justice practitioners with deeper insight into how social injustice, family dysfunction, and institutional pressures can contribute to self-destructive behavior.

While numerous studies discussed the causes of suicide, fewer have explored the personal experiences of suicide survivors who endured oppressive environments. Most existing research focuses on factors such as physical illness and chronic pain, hopelessness and impulsivity, and adverse childhood experiences, providing limited insight into how oppression is personally experienced and understood by suicide survivors.

This study examines the lived experiences of oppressed suicide survivors by exploring the factors that influenced their attempt, the methods they used, the circumstances that led to the failure of their attempt, and the personal realizations that emerged after the experience.

Statement of the Problem

This study aims to explore the experiences of oppressed suicide survivors.

Specifically, it sought to answer the following questions:

1. What influences the participants to commit suicide?
2. What is the method used by the participants to commit suicide?
3. What made the suicide attempts to fail?
4. What are the realizations of the participants from the suicide experience?

Theoretical Framework

The following theory serves as the foundational structure that underpins the research study, introducing and explaining why the research problem exists.

Interpersonal Theory

This theory posits that suicidal behavior arises when three conditions are present: perceived burdensomeness, hindered belongingness, and acquired capability for suicide. Perceived burdensomeness involves the belief that one's existence negatively affects others, often leading individuals to feel guilt, shame, and the sense that their absence would be preferable. Thwarted belongingness reflects a sustained experience of emotional isolation, where individuals feel disconnected and unsupported even when social contact is present. Acquired capability for suicide develops over time as repeated exposure to painful or fear-inducing experiences, which reduce the fear of death and increase pain tolerance (Joiner, 2005).

Oppression whether from school, family, or society, can lead individuals to see themselves as burdens due to perceived failure or an inability to meet expectations. This can result in social withdrawal and feelings of disconnection. Over time, constant exposure to such pressure may desensitize individuals to emotional pain, increasing the risk of self-harm.

Hopelessness Theory

This theory highlights hopelessness as a key factor in the development of suicidal ideation. When individuals view their circumstances as unchangeable and believe that improvement is unlikely, they may develop a deep sense of hopelessness, which increases the risk of suicidal thoughts (Ribeiro & Joiner, 2009).

Oppression fosters a sustained sense of entrapment and powerlessness through repeated exposure to emotional harm, social devaluation, and restrictive expectations. Persistent experiences of belittlement, comparison, and neglect weaken the suicide survivor perceived control over their lives and reduce their capacity to cope with adversity.

General Strain Theory (GST)

General Strain Theory explains how various sources of strain such as financial problems, interpersonal conflict, or oppression can contribute to deviant behavior, including self-harm (Agnew, 1992).

Oppression functions as a significant source of strain that accumulates through persistent exposure to emotional abuse, social rejection, and unmet expectations. These strain experiences generate negative emotional states such as frustration, anxiety, and despair, particularly among suicide survivors who lack effective coping resources or supportive relationships. As the pressure intensifies and perceived options for relief diminish, self-harm may emerge as a maladaptive response to alleviate psychological distress.

Self-Actualization Theory

This theory emphasizes the human desire to grow, find meaning, and achieve one's true potential. According to Rogers (1961), psychological well-being is tied to self-acceptance, personal growth, and the freedom to make authentic life choices.

Oppressive experiences restrict the process of self-actualization by limiting autonomy, suppressing self-expression, and weakening emotional support. Persistent exposure to control, comparison, and devaluation disrupts suicide survivor's sense of purpose and self-worth. As opportunities for personal growth become constrained, feelings of inadequacy and disconnection intensify, contributing to emotional distress and increasing vulnerability to suicidal behavior, consistent with the core assumptions of Self-Actualization Theory.

Conceptual Framework

The study used the IPOO Model which illustrate the relationship between the major components of the conceptual frame work such as the Input, Process, Output, and Outcome. This model helps to structure the investigation into the tragic experiences of suicide survivors who faced academic oppression (Swaen, 2022).

The input of the study includes the factors that influenced the participants to commit suicide, the methods used by the participants to commit suicide, the circumstances that led to the failure of their attempt, and the realization of participants from the suicide experience. The process involves the collection of data through utilizing a semi-structured interview guide, qualitative method, phenomenological research design, and thematic analysis. The output of the study is a video presentation entitled “The Path of Hope: Stories of the Oppressed Suicide Survivors”. The intended outcomes are to promote mental health awareness within academic institutions, encourage the establishment of support systems for students, reduce the prevalence of suicide attempts, and foster hope and resilience through the shared narratives of survivors.

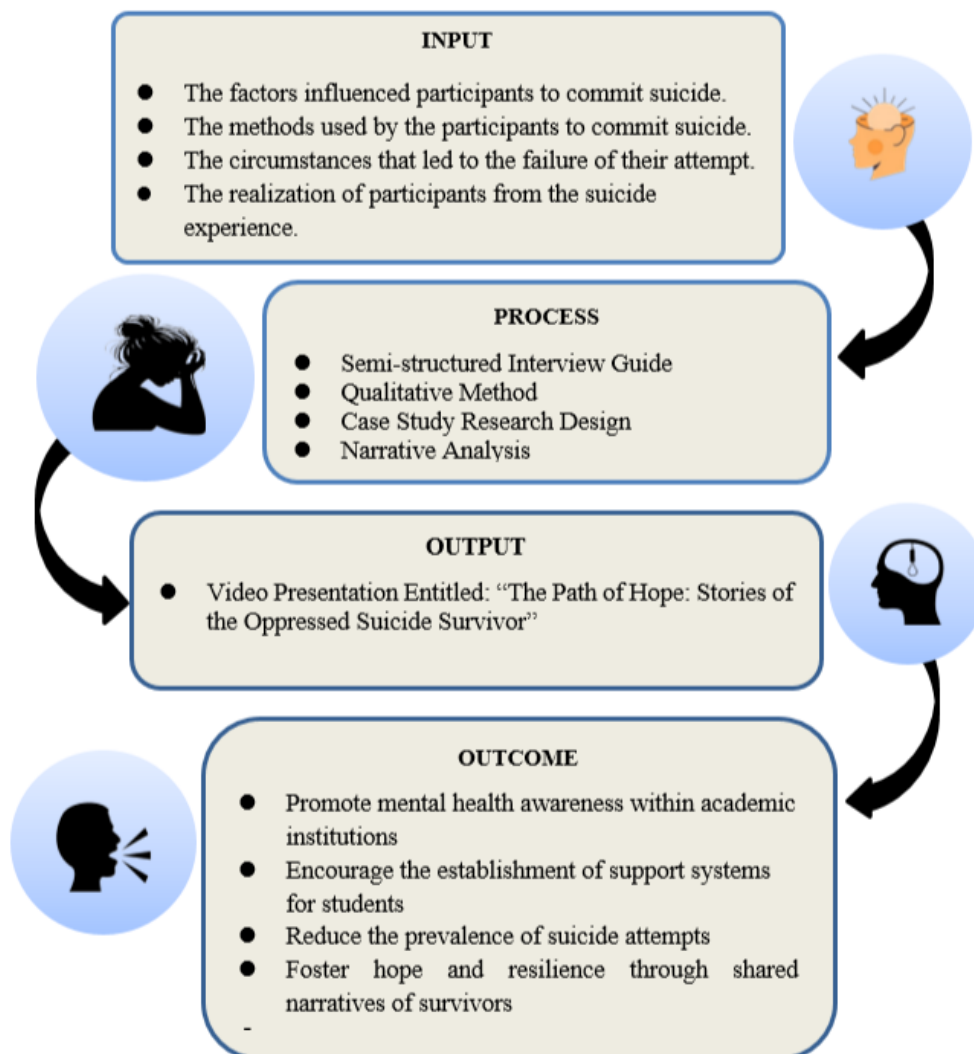


Figure 1. Paradigm

Significance of the Study

This research gives importance and benefits to the following by providing insights into the experiences of suicide survivors affected by oppression:

Suicide Survivors. This study will offer hope and validation by highlighting that life after an attempt can still hold meaning. It also shared real experiences and advocated for support systems that address related stress and emotional struggles.

Department of Social Welfare and Development (DSWD). This will provide an opportunity to improve the intervention of DSWD in their centers that cater to cases like suicide survivorship. The findings of this study help improve the postvention programs and develop more inclusive and responsive suicide prevention policies that acknowledge the role of systematic oppression.

Department of Health (DOH). This research will provide information to the DOH to improve and support the Mental Health Commission with support for suicide survivors. It supports the Mental Health Commission in developing target policies for postvention and survivor assistance.

Local Government Unit (LGU). This study will provide essential insights to strengthen local mental health programs. This includes optimizing resource distribution, promoting inclusive community engagement strategies, and collaborating with stakeholders to deliver accessible, culturally sensitive mental health services.

Educational Institutions. This study will emphasize the need for schools to foster a more compassionate and supportive academic environment. It provides practical insights for cultivating such an environment.

Students. This study will be significant to students as it provides them with a deeper understanding of the struggles, resilience, and coping mechanisms of suicide survivors. It will encourage them to value life, develop positive coping strategies, and cultivate a supportive environment within their academic and social communities.

Family. This study will help families recognize the impact of their words and actions on their children's mental health. It also guides them on how to foster a supportive home environment. By encouraging open communication and understanding the experiences of suicide survivors, families can effectively develop better strategies to support their children.

Community. This study will emphasize the importance of community awareness in various forms of oppression and their mental health consequences. It encourages collective action and the creation of inclusive, compassionate environments that support those experiencing psychological distress due to systematic or interpersonal oppression.

Researchers. The researchers will gain deeper insight into how different forms of oppression affect mental health and contribute to suicidal ideation or action. Through systematic investigation, the researcher enhances their skills in analyzing complex social issues and contributing to possible solutions.

Future Researchers. This study will serve as a foundation for future academic work on related topics. It can inform the development and evaluation of interventions that seek to reduce oppressive conditions and improve mental health outcomes across diverse social contexts.

Scope and Delimitations of the Study

The study focused on the lived experiences of the oppressed suicide survivor. Specifically, the factors that influence the participants to commit suicide, the methods used by the participants to commit suicide, the circumstances that led to the failure of their attempt, and the realization of participants from the suicide experience.

This study was limited to eighteen (18) participants, who had undergone repeated oppression and survived suicide. The study was conducted in the Province of Ilocos Norte, specifically in Bacarra, Batac City, Dingras, Marcos, Solsona, and San Nicolas.

This research study was carried out from the second semester of the S.Y. 2024-2025 to the first semester of S.Y. 2025-2026.

Definition of Terms

For better understanding and clarification of the terms related to this study, the following terms are defined operationally:

Glimpse of Hope. It refers to those small but powerful moments when an oppressed individual begins to believe that life is still worth it after attempting to end their lives.

Influenced. It refers to the manner in which social, interpersonal, and systematic factors of oppression affect the thoughts, emotions, and behaviors of individual.

Oppression. It refers to a system or pattern where individuals or groups are unfairly treated, silenced, or denied.

Realization. This refers to the significant personal insights and psychological transformations experienced by participants after surviving a suicide attempt.

Suicide. It refers to self-destructive behavior deeply influenced by social, emotional, and psychological stressors such as oppression, systemic inequality, and social exclusion.

Suicide Attempt. It refers to an intentional, self-directed act carried out with the aim of ending one's own life that does not result in death.

Suicide Survivor. This term pertains to individuals who have committed suicide but survived.

2. Review of Related Literature and Studies

This chapter presents relevant and related literature studies that have been considered by the researchers, which can strengthen the significance of conducting this study. In addition, it offers more information to fully comprehend the research for better understanding.

Republic Act No. 12080

Republic Act No. 12080, the Basic Education Mental Health and Well-Being Promotion Act, establishes a comprehensive framework to enhance mental health services within the Philippine basic education system. Recognizing the crucial role of mental well-being in students' overall development, the law mandates the integration of mental health programs in all public and private basic education institutions. These programs aim to promote mental health awareness, provide necessary services such as screenings and counseling, and ensure timely referrals for learners and educational personnel.

To operationalize this initiative, the Act requires the establishment of Care Centers in every public basic education school, equipped to deliver school-based mental health services. Additionally, it mandates the creation of Mental Health and Well-Being Offices in each Schools Division Office (SDO), overseen by the Department of Education (DepEd), to address the mental health needs of learners and staff

within their jurisdiction. The law also prescribes the creation of new plantilla positions, including Schools Division Counselors, School Counselors, and School Counselor Associates, to ensure the effective delivery of these services.

By institutionalizing mental health support structures and services in schools, Republic Act No. 12080 aims to foster a supportive educational environment that prioritizes the psychological well-being of students and educators. This legislative measure underscores the government's commitment to holistic education, ensuring that mental health is given equal importance alongside academic achievement.

Republic Act No. 11036

The Philippine Mental Health Act of 2018 (RA 11036) reinforces mental health as a fundamental human right by mandating accessible services in schools and communities, promoting awareness, and safeguarding individuals from stigma and discrimination. This legal framework supports the need for studies that explore the lived experiences of people affected by emotional distress and mental health challenges.

Several countries have begun addressing suicide through a health-oriented and rights-based perspective. India's Mental Healthcare Act of 2017 decriminalized attempted suicide, framing it as a mental health concern rather than a criminal offense.

In the Philippines, Republic Act No. 11036 or the Mental Health Act of 2018 establishes accessible mental health services, including barangay-level assistance and a 24/7 suicide prevention hotline.

Academic Stress and Loneliness as Correlates of Suicide Ideation among University Students

This study aims to examine how academic stress and loneliness are related to suicidal thoughts among university students. Specifically, it seeks to determine whether academic stress and feelings of loneliness significantly predict or contribute to suicidal thoughts in this population.

The study employed a descriptive survey design to explore the relationship between academic stress, loneliness, and suicidal ideation among university students. Participants were selected through random sampling from multiple universities. Data collection involved standardized self-report questionnaires assessing levels of academic stress, feelings of loneliness, and the presence of suicidal thoughts. The analysis revealed that both academic stress and loneliness are significantly correlated with suicidal ideation among university. Higher levels of academic stress and increased feelings of loneliness were associated with a greater likelihood of experiencing suicidal thoughts.

The study underscores the critical impact of academic stress and loneliness on students' mental health, highlighting their roles as significant predictors of suicidal ideation (Ohlan & Tarun, 2022).

Academic Stress and Suicidal Ideation: Moderating Roles of Coping Style and Resilience

This study aimed to examine how coping and resilience influence the link between academic stress and suicidal thoughts among students. The data was analyzed using a step-by-step regression method.

The researcher used a survey method with 505 students (329 males and 176 females) from three universities in southern Nigeria. Those who agreed to join answered a paper questionnaire that included tools to measure academic stress, suicidal thoughts, coping styles, and resilience. Results showed that academic stress was linked to more suicidal thoughts, while resilience helped lower them. Adaptive coping (healthy coping) did not show a strong link, but maladaptive coping (unhealthy coping) was related to more suicidal thoughts. The study also found that when students had high resilience or used adaptive coping, the effect of academic stress on suicidal thoughts was weaker or not present.

The findings highlight the need to support students by helping them build resilience and learn healthy ways to cope with stress. Programs that teach coping skills and stress management may help lower the risk of suicidal thoughts among students (Okechukwu et al., 2022).

Causes of Suicide among School Students: A Qualitative Analysis of Suicide Survivors' Experiences

Suicide is a serious issue that affects both individuals and society. This study aimed to understand how suicide survivors view their past suicide attempts. It was based on Emile Durkheim's Anomie Theory of suicide.

Researchers used a qualitative method and chose participants through purposive sampling. The study involved 15 suicide survivors from Malakand Division, KP, along with one teacher, one peer, and one family member for each survivor. Data was collected through in-depth interviews and analyzed using thematic analysis.

Findings showed that most survivors came from middle-class families. Common reasons for suicide attempts included low self-esteem, lack of knowledge and confidence, impatience, exam failure, and mental health issues. A shared factor among all survivors was pressure from parents due to poor academic performance. They felt unable to face their families, which led to their suicide attempts.

To tackle this issue, the study suggests coordinated efforts across different sectors, including mental health programs, education, awareness campaigns, responsible media reporting, and parental guidance, especially for high-risk groups in schools. (SHIVAM, 2022).

Childhood Maltreatment and Suicidal Ideation in Chinese Adolescents: The Mediation of Resilience

The study aims to investigate the relationship between childhood maltreatment and suicidal ideation in Chinese adolescents, focusing on how resilience mediates this relationship.

The researchers conducted a cross-sectional quantitative study involving standardized self-report questionnaires. A total of 3,146 adolescents from multiple schools in China were surveyed. Data were analyzed using logistic regression and path analysis to test the mediating effect of resilience.

The findings revealed that adolescents who experienced emotional abuse were significantly more likely to have suicidal thoughts. Resilience was found to mediate 39.8% of this relationship, with emotion regulation and interpersonal support being the most influential factors. The study advocates for resilience-based suicide prevention strategies in schools (Chen et al., 2021).

Correlates of Suicide Ideation and Resilience Among Native- and Foreign-Born Adolescents in the U.S.

The study aims to identify factors associated with suicide ideation and resilience among native- and foreign-born adolescents in the U.S., with emphasis on migration-related stressors and acculturation experiences.

The researcher applied a quantitative research method using path analysis. Data were collected through structured surveys of 357 adolescents from Detroit and Harrisonburg, with over 40% being foreign-born. Variables such as hope, school belonging, stress levels, and nativity status were statistically analyzed.

The findings showed that greater hope and stronger school belonging were associated with higher resilience, while higher stress and lower school belonging correlated with increased suicidal ideation. Being foreign-born, especially from the Middle East and North Africa, was linked to a greater risk, suggesting the need for culturally sensitive suicide prevention programs (Stark et al., 2021).

Discrimination Is a Form of Trauma for Some Students

The article explores how discrimination serves as a traumatic experience for many college students, particularly those with intersecting marginalized identities. Based on the 2024 annual report by Penn State's Center for Collegiate Mental Health (CCMH), it highlights the strong correlation between discrimination and mental health issues such as social isolation, suicidal ideation, and emotional distress. The article positions discrimination not as a mental health disorder but as a serious social issue with significant psychological consequences.

The report gathered data from 78,432 students across 85 college counseling centers in the United States during the 2021–22 and 2022–23 academic years. The data included self-reported experiences of discrimination based on disability, gender, nationality, race/ethnicity, religion, and sexual orientation. Students were also assessed for various mental health symptoms and treatment histories. 20% of students reported experiencing discrimination within the last six months. Students who experienced discrimination reported significantly higher levels of social isolation, suicidal ideation, and emotional distress compared to their peers. Those subjected to multiple forms of discrimination were at even greater risk, with multiple identity-based discrimination ranking as the second-highest risk factor for social isolation (after previous suicide attempts). Although counseling helped reduce symptoms, affected students still finished treatment with higher distress levels than others. There has been a consistent increase in prior counseling use (61.1%) and psychotropic medication use (37.5%).

Social anxiety has emerged as the most rapidly increasing mental health concern over the past decade.

The article underscores the importance of addressing discrimination directly in mental health counseling. Brett Scofield, CCMH's executive director, emphasized the need for clinicians to ask about discrimination experiences early in treatment to provide more informed and supportive care. The findings call for a deeper institutional commitment to diversity, equity, and inclusion (DEI) services. The article also notes that the center began collecting more systematic data on discrimination following growing national awareness of systemic racism and identity-based trauma (Alonso, 2024).

Resilience and Suicidal Thoughts in Young People: Based on the Rafsanjan Youth Cohort Study

The study aims to evaluate how resilience is associated with suicidal thoughts among Iranian youth aged 15–35, and to identify demographic risk factors for suicide.

The researchers conducted a cross-sectional descriptive study using data from 3,006 participants in the Rafsanjan Youth Cohort. Resilience was measured through the Connor-Davidson Resilience Scale (CD-RISC), and suicidal thoughts were assessed through structured computerized interviews. Statistical analyses, including correlation and regression, were used.

The findings indicated a significant inverse relationship between resilience and suicidal ideation. Male participants and older age groups had higher resilience scores and fewer suicidal thoughts. The study supports resilience-building interventions as a key suicide prevention strategy for youth (Ayoobi et al., 2024).

Role of Peer Pressure, Family Functioning, and Academic Stress Tendency of Students on Campus

Suicide among university students in Nigeria has become increasingly common, with many reports of students taking their own lives on campus. This study aimed to explore how family relationships, academic stress, and peer pressure affect suicidal thoughts among undergraduates. A total of 54 students were selected using cluster and incidental sampling. Four tools were used to collect data: the Resistance to Peer Influence Scale, Index of Family Relations Scale, Academic Stress Scale, and Suicidal Attitude

Questionnaire. The study used a correlational design, and three hypotheses were tested using Pearson correlation analysis.

Results showed that good family relationships had a small, non-significant negative link to suicidal thoughts, suggesting that strong family support may help reduce suicidal tendencies. Academic stress also showed no meaningful connection to suicidal thoughts. However, peer pressure had a significant positive relationship with suicidal tendencies, meaning students who face high peer pressure are more likely to have suicidal thoughts.

The study found that peer pressure significantly affects students' academic stress levels, indicating that social influences on campus contribute to how students manage academic challenges. Family Functioning was identified as a protective factor, with better family relationships associated with lower academic stress tendencies (Ekeze et al., 2024).

Role of Resilience and Social Support in the Relationship Between Loneliness and Suicidal Ideation Among Chinese Nursing Home Residents

The study aims to explore how resilience mediates the relationship between loneliness and suicidal ideation in elderly Chinese nursing home residents, and whether social support moderates this effect.

The researchers utilized a cross-sectional survey method. A sample of 538 residents aged 60+ from 37 nursing homes was recruited. Participants completed validated scales assessing loneliness, resilience, suicidal ideation, and perceived social support. Regression analyses and bootstrapping techniques were used to test the mediation and moderation effects.

The findings showed that resilience partially mediated the link between loneliness and suicidal ideation, while family and staff support moderated the negative outcomes. The study highlights the critical role of resilience and social interaction in mental health care for the elderly (Zhang et al., 2021).

Suicide Potential and Depression: Risk and Protective Factors among College Students in the Philippines

The study aimed to assess suicide risk and depression levels among college students, as well as identify the factors that contribute to or protect against suicide. A descriptive correlational approach was used, with 915 students participating. Three standardized tests were conducted to measure suicide risk, depression, and the impact of various factors.

The study found that students had moderate to high suicide risk and average depression levels. Family support and self-acceptance were important factors related to both risk and protection. Depression was strongly linked to suicide risk. The study suggests many students may need professional help and recommends involving psychologists and psychiatrists, along with counselors, in offering support.

The findings indicate a significant positive relationship between depression and suicide potential among Filipino college students, while protective factors like future optimism, peer support, and self-acceptance are negatively associated with suicide potential (Lopiga, 2021).

Understanding the Impact of Academic Pressure on Student Mental Health

This study aims to explore how academic pressure affects students' mental health. It looks into different forms of academic stress and how they impact students' well-being. The goal is to highlight the importance of a supportive classroom environment that allows students to take academic risks without fear, promoting mental wellness. The study used a literature review of peer-reviewed articles, theories about test anxiety, and an interview with an experienced teacher. The researcher's own personal and

professional experiences also helped shape the direction of the study, especially in relation to the theoretical frameworks.

The study found that too much academic pressure can lead to serious mental health problems, including anxiety, depression, burnout, and even suicidal thoughts. It also identified barriers like school policies, societal norms, and family expectations. Introducing Social Emotional Learning (SEL) in schools can help improve both mental health and academic performance. Teachers play a key role by talking about mental health, supporting students, building strong relationships, and creating a safe space in the classroom. However, factors like family background, money issues, peer influence, and personal traits can make it hard to pinpoint the exact sources of academic pressure. Despite these challenges, the study emphasizes the need for teachers to foster classrooms where students feel safe to make mistakes and grow (Talley, 2024).

It's better I'm dead: Oppression and Suicidal Ideation

The study aims to explore how the socio-environmental conditions experienced by temporary low-wage migrant workers in the UAE contribute to the development of suicidal ideation. It highlights how oppressive and exploitative labor conditions may lead migrants, regardless of background, to contemplate suicide for the first time after migrating.

The researcher used a qualitative fieldwork method, conducted over ten months. This involved in-depth, semi-structured interviews with 44 low-wage migrant workers from sub-Saharan Africa and South Asia. Participants were selected through purposive sampling, with inclusion criteria being residency in the UAE, non-national status, and earning Dh1500 (US\$408) or less per month.

The findings revealed that 18% of participants experienced suicidal ideation for the first time post-migration. The study suggests that oppressive socio-environmental conditions in the host country can override cultural or religious protective factors and become key triggers for suicidal ideation among migrants (Lisa Reber, 2021).

The reviewed literature and studies collectively underscore the complex interplay between mental health, academic pressure, social environments, and resilience in shaping suicidal ideation among various populations. Republic Act No. 12080 highlights the Philippine government's commitment to institutionalizing mental health support within schools, ensuring that students and staff receive timely and adequate care. Multiple studies affirm that academic stress, loneliness, and poor coping mechanisms are strong predictors of suicidal thoughts, particularly among university students, while resilience and adaptive coping serve as protective factors. Research across diverse settings from Chinese adolescents and nursing home residents to Nigerian and Iranian students emphasizes the mediating role of resilience and the moderating impact of social support on mental well-being. Furthermore, discrimination and migration-related oppression are revealed as serious mental health stressors, with some studies identifying them as forms of trauma that increase suicidal ideation, especially among marginalized and foreign-born individuals. In the Philippine context, family support, peer relationships, and depression are central factors influencing suicide risk among students, pointing to the need for holistic interventions. Lastly, the literature stresses the importance of fostering safe, inclusive educational spaces and integrating socio-emotional learning to mitigate the effects of academic and social pressures. Together, these findings advocate for proactive, system-wide approaches to suicide prevention that consider both risk and protective factors across developmental stages and social context.

3. Research Design and Methodology

This chapter presents the research method and design, population and locale, data gathering tool, data gathering procedure, treatment of data, and ethical considerations of the study.

Research Method and Design

The researchers utilized a qualitative research method to examine the lived experiences of suicide survivors. The qualitative approach was used to explore the experiences, perceptions, and meanings constructed by oppressed suicide survivors, enabling the researchers to explain how and why oppression contributed to their suicide attempts rather than measuring the frequency or extent of these experiences (Tenny et al., 2022).

A case study research design was also utilized to provide a detailed and holistic examination of the lived experiences of oppressed suicide survivors, focusing on their unique contexts and circumstances. This design allows researchers to explore real-life phenomena and enables a comprehensive understanding of their behaviors, events, and interactions (Creswell, 2021).

Population and Locale of the Study

The participants of the study consisted eighteen (18) oppressed suicide survivors who had experienced multiple forms of oppression and had survived at least one suicide attempt. The participants were selected through purposeful sampling to ensure the inclusion of information-rich cases that could provide an in-depth understanding of the phenomenon under investigation (Shaheen et al., 2019).

The study was conducted in the province of Ilocos Norte, with participants coming from various municipalities specifically (4) participants from Bacarra, (2) from Batac City, (3) from Dingras, (2) from Marcos, (5) from Solsona and (2) from San Nicolas.

Data Gathering Tool

The researchers utilized a researcher-developed interview guide composed of open-ended questions and probing prompts. This tool was designed as a semi-structured interview guide to provide flexibility while ensuring that key topics related to oppression, suicidal behavior, survival, and post-attempt realizations were thoroughly explored. This approach allowed participants to freely share their personal experiences, perceptions, and insights, while enabling the researchers to maintain focus on the study's objectives and adapt the flow of questioning as needed (Paredes et al., 2021).

Data collection involved the use of pen and paper to note important points, as well as an audio-recording device to capture the participants' responses accurately. The participants demonstrated full cooperation and willingly shared their experiences on how they survived oppression and suicide attempts.

Prior to data collection, the interview guide was reviewed and validated by a set of field experts to ensure its reliability and validity, thereby enhancing the credibility of the responses obtained.

Data Gathering Procedure

After the interview guide was evaluated by the research adviser and validated by a set of experts, the researchers prepared a formal letter of request, which was submitted to the Barangay Captain and the identified participants to obtain permission to conduct the study. Upon approval, an initial briefing was conducted, with the assistance of the barangay social worker, to explain the purpose of the study, research procedures, participants' rights, and matters related to confidentiality and voluntary participation.

Following the briefing, the researchers personally met with the participants to further explain the study and secure their informed consent. The participants were informed that the data-gathering process would involve face-to-face interviews, audio recording, and note-taking. In-depth interviews were then conducted with the eighteen (18) participants using the validated interview guide.

After each interview, a brief debriefing session was conducted to address any emotional concerns, clarify responses when necessary, and ensure the participants' well-being. The collected data were subsequently transcribed verbatim and analyzed, forming the basis for the study's findings, conclusions, and recommendations.

Treatment of Data

The researcher used Narrative Analysis to examine how oppressed suicide survivors construct and make meaning of their personal experiences. Narrative analysis emphasizes understanding the content, structure, and context of stories, while recognizing the influence of social, cultural, and historical factors on how individuals narrate their experiences (McLeod, 2024).

Ethical Consideration

Ethical principles were strictly upheld throughout the conduct of the study to protect the rights, dignity, and well-being of the participants. The principle of informed consent was observed, ensuring that participation was entirely voluntary and based on a clear understanding of the study. Participants were made aware of their right to withdraw from the study at any stage without any form of penalty or negative consequence. Confidentiality and anonymity were maintained at all times. No identifying information was disclosed, and pseudonyms or codes were used to protect the identities of the participants. All data gathered were treated with strict confidentiality and were used solely for academic and research purposes. The researchers ensured respect and non-maleficence by being sensitive to the emotional condition of the participants, particularly given the nature of their experiences as suicide survivors. Care was taken to create a safe, respectful, and non-judgmental environment during data collection to minimize psychological distress. All data were securely stored and accessed only by the researchers. The study adhered to ethical standards of honesty, integrity, and responsibility in reporting findings, ensuring that the participants' narratives were presented truthfully and respectfully without distortion or misrepresentation.

4. Presentation, Interpretation, and Analysis of Data

This chapter presents, interprets, and analyzes the data gathered from the oppressed suicide survivors regarding their lived experiences.

The following are the narrations of the participants:

CASE STUDY NO. 1

Participant no. 1, twenty (20) years old at the time of the suicide attempt, narrated the factors that influenced her to commit suicide:

“Kinaadu ti problema ti maysa rasonna. Addaanak ngamin ti pamilya a saan met a kabaknangan, agprobproblema kami iti kwarta. Agbasbasaak ngamin idi iti college, ket diba ammotayo met a no college ket saan a basta-basta no pagdating iti kwarta. Gapu ti kinarigat ken iti ayat ko nga makaurong iti pagbasak, nag working studentak iti maysa a fast food chain, naminsan nakitanak diay kabsat ni papa. Adda ngamin time idi nga adda celebration idiy family housemi, nainvite kami. Siempre no adda celebration saan a maawan iti panagtutungtong. Tapos bigla nagsao diay titangko nga nakakita kanyak idiy mismo pagubraak, tapos kunana ket “apay saanka agbasbasan? Awan a ti turongen ti biagmo no kasta maipadakanto manen ken inamon”. Saan lang a namnaminsan a binagaannak iti kasdiay ti sangwanan iti kabagyanmi. Kayak siguro met no sisiak lang iti maap-api diay saan a mairaman

iti nagannakko ta nadagsen ti riknak. Naminaduak naibabbaba iti mismo relativeskon ngem balbalewalaek latta iti amin a panangibabada kanyak sakbayko pinadas iti agpakamatay.”

(Because of many problems. I belong to a family that is not financially stable and often struggles with money. I was a college student, and as we all know, studying in college requires a lot of financial support. Due to financial constraints and my desire to save money for my education, I decided to work as a student employee at a fast-food chain. One day, my father’s sister saw me. During a family celebration at our family house, my auntie suddenly said, “Why aren’t you studying anymore?” “Your life will end up like your mother.” She said this in front of everyone, not just once. I could handle being insulted, but it hurt when my parents were dragged into it. My relatives often looked down on me, but I ignored their insults until I attempted suicide.)

After we asked what influenced her to commit suicide, we asked her the method he used in committing it, and she narrated that:

“Iminomak iti adu nga agas, diak narigatan nagsarak agas kasi adu ti agas a pundoda balaymi. Biglaanko lang napanunot ti kinasakit nakemko sa pay laeng simmabay iti problemak nga adu. Nagsarakak pay laeng iti mabalinko usaren sakbay ko aramiden idi.”

(I took a lot of medicine, which was easy to find at home. I acted out of impulse because of the emotional pain and the many problems I was facing.)

Then we asked what made her suicide attempt fail, and she elaborated that:

“Adda nakakita kanyak ket intaraydak dagus. Naragsakan ta uray kasano naisalakanak pay laeng.”

(Someone saw me and immediately took me to the hospital. I was somehow relieved because I was saved.)

After we identified the circumstances that led his suicide attempt to fail, we asked about her realizations from the suicide attempt and he reflected that:

“A saan a panagpakamatay ti solusyon iti problema, agkararag ken agtalekka iti bagim. Mas nakitak iti importansya iti biag, mas immasidegak ken Apo. Nga uray kasano iti karigat or kaadu iti problema, saanka sumuksuko. No ibabbabadaka, kumararagka ta ni Apo iti bahala. Agtalekka bagbagim, di mo ipatulok nga ti problema iti mangperdi kenka.”

(I realized that suicide is not the solution to any problem. Instead, you should pray and trust yourself. I came to see how important life is and developed a closer relationship with God. No matter how difficult life is, never give up. When others look down on you, pray and let God handle it. Believe in yourself and never let problems destroy you.)

CASE STUDY NO. 2

Participant no. 2, seventeen (17) years old at the time of the suicide attempt, shared the factors that influenced him to commit suicide:

“Kasla diak kayat agbiag idin, gapu iti kinaadu problema. Grade 11-nak pay laeng idi, saan lang a namnaminsanak nairurumen wanno naipabpabainan. Kinanayonak a maibaba gapu ta saannak unay makasurot iti iskwela. Dadduma a classmatesko mangmangegko a pagiistoryaandak, bagbagaandak a "ni kastoy, grade 12tayon ngem kasla nagadu pay laeng saanna ammo", gapu ta kanayon ken saan laeng a namnaminsan a makaskastoyak, sinanayko bagik

a "sige okay lang" uray ana ibagbagada. Tapos diba adda ngamin ti Career Guidance Day nukwa diay iskwela, diay isuotmo no ana kayatmo pagbalinan, siempre nagbadoak iti pangnurse. Kadayta nga aldaw adda manen nangibagbagan a "kitanyo a ni kastoy, nurse kayatna ngem nakabobbobo met, saankunto kayat agpaagas no isuna nurse" tapos mangmangegko agkatkatawada. Idi nalpas iti program, habang magmagnaak agmaymaysa nga agawid ta asideg laeng iti balay mi iti iskwela, kasla agsisink-in amin nga ibagbaga ti tao iti panunotko, ta uraynaklaeng kasla agkapsot. Elementaryak pela makapadpadasakon pero mas nakarkaro idi highschoolakon."

(At that time, I felt like I no longer wanted to live because of all the problems I was facing. I was only a Grade 12 back then, and I had experienced discrimination and humiliation more than once. I was openly belittled because I struggled to keep up in school. Sometimes, I overhear my classmates gossiping about me, saying things like, "Look at her, we're already in grade 12, but still she doesn't know things that much". Since it happened repeatedly, I taught myself to just think "It's okay, let them say what they want". Then one day, during our school's career guidance activity where we had to dress up as our dream profession, I wore a nurse's outfit. That day, someone mocked me again, saying, "Look at her, she wants to be a nurse, but she's so stupid. I wouldn't want her to treat me if she became a nurse." After that, I also heard them laughing. After the program, I walked home alone since our house was just near the school. As I walked, everything that people had said to me started to sink in. I suddenly felt weak and worthless. I had already experienced bullying in elementary, but it became much worse when I reached High School.)

After we asked what influenced him to commit suicide, we then asked him the method he used in committing it, he told us that:

"Naglaslasak iti gilet, iniwak daytoy banda ditoy imak, ditoy naurat a part a kunkunada nukwa. Gapu ta nabayagko a mapadpadasan ti kastoyen, iti maibabbaba kada mairurumen, saanko laeng namnaminsan a napanunot ti agpakamatay. Adda rabii a kayatko ubraen ngem pigpigilak ti bagik ta kasla diak talaga maitured met, pero kadidiay a rabii gapu ta nagdagsen riknak, permi ibitko a kasla diak ammo ubrak, adda nakitak a blade, isun ket biglak metten nga iniwa toy imakon, ket diak nacontrol bagik ket biglak naitured. Idiay nakakita nakla iti bladet tapos biglak lattan nga inusar."

(I used a blade to cut my wrist in the area where, as people say, there are many nerves. Because I had been experiencing discrimination and being belittled for so long, I had already thought of ending my life several times before. There were nights when I wanted to do it, but I managed to stop myself because I knew I could not truly go through with it. However, that night, the emotional pain felt unbearable. I cried intensely, not knowing what to do. Then I saw a blade nearby, and without realizing it, I cut my wrist. I completely lost control of myself, and I did it.)

After that, we also asked him the circumstances that led his suicide attempt to fail, and he greatly shared that:

"Pagiso sumrek ni adingko diay kwartok a naglaslasak ti imak, dagus nagpukkaw ket dagusdak inarayay ti nagannakko, binaredbedanda imak tapno saan nga agbulos iti darak. Kinuna ti doctor no awan nakakita kanyak baka naawanak ti dara. Nagbabawiak a nangubra, naragsakanak a naisalakanak pay laeng."

(Just then, my younger sibling entered the room and saw me. He screamed, and my parents immediately helped me. They wrapped my wrist with a cloth to stop the bleeding. The doctor later said

that if no one had found me in time, I might have lost too much blood. I regretted what I did, but I was grateful that I was saved.)

Lastly, we further asked his realization after the suicide attempt and he shared that:

“Narealizeko a lumaban lang, kasi awan sabali a kakampik no di ketdi bagbagik met laeng. Bigla immawan dagiti mangdisdiscriminate kanyak, kasi nagwaras didiay a napasamak kanyak, isu kasla immawan ken timmalnadan. Amin a tao adda pagkapsutanna, pero agtalektayo ken Apo, isuna makatulong kanyatayo. Pagbalinentay latta a kasla pannubok lang tapno agbalintayo nga succesful iti biag, iti amin a pinangibaba kanyatayo iti tattao. Agpanunot nalaing, panunotem iti familyam lalo iti nagannakmo. Addada pay a mangayayat kenka. Agtalekka lang iti bagim, isunto iti pannakasubbotmo kadagita nangirurumen kenka, agbalinka a succesful iti biag.”

(After that, I realized that I needed to keep fighting because, in the end, the only person I could truly rely on was myself. Eventually, the people who used to discriminate against me stopped, perhaps because the incident had spread throughout the school. It was as if they had suddenly disappeared. Everyone has weaknesses, but we should put our trust in God, for He is the one who can help us overcome them. Let us treat discrimination and judgment from others as challenges that will motivate us to become successful in life. Always think carefully, and remember your family, especially your parents. There are still people who love and care for you. Believe in yourself; that will be your greatest form of revenge against those who looked down on you—being successful in life.)

CASE STUDY NO. 3

Participant no. 3, nineteen (19) years old at the time of the suicide attempt, told us the factors that influenced him to commit suicide:

“Marikriknak idi a kasla awan serbi biagkon ken puro sakit ti marikriknak. Siyak ket maibabbaba, maikomkompara. Maikatloak ngamin kanyami nga agkakabsat. Ken ti ibagbagada kasla siak iti kakapsutan, saan laeng iti karrubami wennu sabsabali a tao iti pakangkangngegak iti kastoy a sarsarita no di ketdi pati iti relrelativesko iti father side. Wen maawatak met ken kasla tinaggapkon a nakapsotak talaga, saanak a nalaing, narigatak makasurot ngem iti permi pakalukluksawak ket kanayonak maibaba, mabagaan ti 'awan maragpatko iti biag, a sayang laeng iti kwarta no agbasaak pay nga agtultuloy ta kasla kano awan met maad-adalko ta nalaglagak'. No sabali a tao, kayak siguro nga agtimpi uray ana ibagada, iti lang permi nagkapsutak ket aggapu pay iti mismo kabsat ni papangko. Ammok met iti bagbagik nga ikarkarigatak uray kasano ta ayatko lang nga makaredwar ken adda met ti maragpatko iti biag. Nabayag metten a dinibdibdib ko ti pinangmalmaliüta kanyak, umabot iti tawen a patpatibkerek iti nakemko ta siempre saanko kuma kayat a maipakita a diak kaya, pero ti permi nangiduron kanyak ket tay paulit-ulitak mabagbagaan kasdiay, a saanda met ammo iti marikriknak.”

(It feels like my life has no purpose anymore, and all I ever feel is pain. People keep looking down on me and comparing me to others. I am the third among my siblings, and they say I am the weakest of all. It is not only the neighbors or other people who say that, but even my relatives on my father's side. Yes, I understand that I am not that good and that I struggle to keep up, but what really breaks me is constantly hearing that “I will never achieve anything in life,” that “it is a waste of money to let me continue studying,” and that “I will not learn anything because I am stupid.” If these words came from

other people, maybe I could still endure them, no matter what they said. But what hurts the most is that these words come from my father's own siblings. Deep inside, I know that I am doing my best. I just want to graduate and somehow achieve something in life.)

After we asked what influenced him to commit suicide, we then asked what method did he used in committing it, and he said that:

“Tali kuma iti usarek ngem gapu ta awan masarakak, nakitak diay agas para iti palay nga ususaren ni amak, ket isu iti inusarko. Iti kinabayagko a napadas a maibabbaba diak pulos mapanpanunot iti agpakamatay ngem gapu ta permi adu problemak, tapos kasdiay pay iti mawawatko a sarita kasla permi a kimapsot iti pati nakemko, madodownak ket biglak met latta napanunotanen a kasla awan serbi amin a rigatko ta awan met iti mamati kanyak. Nagsarak iti mabalinko usaren ken naglemmengak idiy kwartok tapno awan makakita kanyak.”

(I was planning to use a rope, but since I couldn't find one, I saw the pesticide that my father uses in farming, and that's what I used instead. After all the years of being belittled, I never once thought of ending my life. But because of all my problems and painful things they said to me, I felt so weak and hopeless. I felt that all my efforts were meaningless and that no one believed in me. So I looked for something I could use and hid in my room so no one would see me.)

Then we asked what made his suicide attempt to fail, he highlighted that:

“Kalpasan nga ininomko diay agas ket pagiso met nga simangpet diay kabsatko nga inauna. Agkakwartokami ngamin, ket no sumangpet isuna, agderetso isuna iti kwarto tapno agsukat. Isuna ti nakakita kanyak, ket dagusnak laeng nga inaray at ken intaray iti hospital. Naragsakan nga adda parte na a nadismaya nadismaya gapu ta apay insalakandak pay laeng ngem naragsak met laeng ta uray kaskasano, nariknak met laeng nga adda pay la gayam iti kakampik.”

(After I took the pesticide, my eldest sibling arrived. We share the same room, and whenever he comes home, he goes straight to our room to change, and he saw me. He immediately helped me and brought me to the hospital. I felt mixed emotions: I was disappointed that I was saved, but at the same time, I was happy because I realized that I still had someone who cared about me.)

After the circumstances that led to his suicide attempt failed was asked, we asked asked what are the realizations from his suicide attempt and he expressed that:

“Nariknak ken nariinganak a saan a pinagpakamatay iti makaagas iti sakit ken problema a marikrikna, no di ketdi tulongam bagbagim ken patunayam a saan ususto dagiti panangibabbabada kenka. Mas naging close ken openak iti familyk, uray kaskasano no adda problemak adda isudan a pagibagaak. Ti lang maibagak, saan a padalos-dalos iti amin a banag, saan a bigla-bigla agdesisyon. Saan nga agpadpadala iti emosyon, no nadagsen ken no ammom a saanmo kaya wenna agkapsot iti riknamon, kumararagka. Tulongam bagim, patunayam a kayam. Didiay lang iti kayat ko maibaga.”

(I have realized that suicide is never the solution to emotional pain or life's problems. Instead, you must learn to help yourself and prove that everything others say to belittle you is not true. Since then, I have grown a closer relationship with my family and become more open with them. Whenever I face difficulties, I now have my family to rely on. What I have learned is that we should never act impulsively or make hasty decisions. Do not let your emotions take control. When you feel overwhelmed or discouraged, pray and strengthen your faith. Help yourself, believe in your own strength, and prove that you are capable of overcoming anything. That is the message I want to share.)

CASE STUDY NO. 4

Participant No. 4, twenty-four (24) years old at the time of the suicide attempt, shared us the factors that influenced him to commit suicide:

“Depression, kasi bannog tas nakainom bassit tas adda kinaapak, ta ti gapuna ngamin ni manongko, talaga nga agkaapaankami, sumangpetak ditoy balay ket umay nak apapaen. Tapos ti kunak idi rumwarak, awan ni manongko ngem kasla mangmangegko sabali a sao kunana ket “sabtenyo dita ta innak mangayab pay iti kadwatayo” kasdiay ti kasla mangmangegko, “saggagaysa tay la a kugtar kada danug matayen” kunada kasla idiay ti adda ditoy panunotko. Isu idi kwan kunak, adda met iti ininomek dita nga arak, balonko detoyen no matayak kunak isu diay tinagbatko toy ulok. Ti number one nga nakastak ket iti pinagbekkel, maipanggep iti babai. Ta idi Iglesia ni Cristo-ak, dawatek nga agkasarkami, tapos ni motherna saanna kano kayat ti simple laeng a kasar, gapu ta kayatda met ti dakkal a pagkasaran ket tinulongandak dagitoy ulitegko a babaknang isu nagawidak Cagayan. Tapos idi nagsubliak ditoy, adda met gayam asawanan. Tas okay lang tuloy lang iti biag. Tapos kalpasan dayta dakkal iti padasko a maibabbaba, mismo a kabsatko adu mawawat ko a sao, ngem no dadduma ayaywendakto met laeng. Ngem tumatatak dagidiay kanyak. Ahm, siguro 1 year detoy pannakapuorko, tas maikadua diay pannakatagbat iti ulok tas diay bekkel iti maikatlo. Pero diay pinagbekkelko idi ket kasla nagpakita ni Apo kanyak ken inbagana nga ikkatek idiay, isu winarwarko met laeng. Nagbitinak met laeng idi ngem diay maysak nga ima isu inusarko pinangikkat. Ti maysa gapuna met ket ibabbabadak dagidiay nagannak iti babae nga asawaek kuma.”

(I experienced depression because I was exhausted, took a little bit of alcohol, and got into a fight. The reason was my brother. We always argued, and every time I came home, he started fighting with me. One time, when I went outside, even though my brother wasn't there, I began hearing voices saying things like, “Block him, I'll call for backup,” and “Just one kick and punch, and he'll die.” It was as if those voices were echoing in my mind. Then I told myself, “I still have some alcohol left; I'll drink it if I die.” That was when I struck my own head with a bolo (machete). The first time I attempted suicide was by hanging myself because of a woman. I was a member of Iglesia ni Cristo at that time. I asked her to marry me, but her mother said she didn't want a simple wedding. They wanted a grand one. My well-off relatives even offered to help me, so I went back to Cagayan to prepare. But when I returned, she was already married to someone else. I told myself it was fine and that life must go on. After that, I experienced even more humiliation. Even my own siblings said hurtful things to me. Sometimes they tried to comfort me, but the pain still remained. It has been about a year since I burned myself. The second attempt was when I cut my head, and the third was when I tried to hang myself. During that last attempt, I saw the Lord appear before me. He told me to remove the rope from my neck, so I did. I held onto it with one hand and used the other to untie it. Another reason I tried to end my life was that the parents of the woman I wanted to marry looked down on me.)

After we asked what influenced him to commit suicide, we asked him the method he used in committing it, and he stated that:

“Simaruno ket pinuorak bagbagik tapos simmaruno ket diay pinagbekkelko. Didiay ket kasla awan iti panunotko, kasi agsasabali iti simrek iti panunotko, isu kasla nablanko. Isu a naituredko tinagbat bagbagik kada sabalsabali iti wagas nga inusarko agpakamatay. Biglaan lang ta diak kayat kuma agrigaten. Awan met iti preparasyonko, madama lutok idi, isu diay

immay ni manongko idi apaapaennak ket nabannogak, pagsasawannak iti dakes. Uston manong ket nabannogak kunak. Isu idi nakatalaw na sabalsabali met sumrek iti panunotkon, kada kasla adda mangipupush kanyak ken mapanpanunotko a baka patayendak isu inunaakon.”

(I actually tried to end my life four times. The first was when I cut my head, the second was when I burned my body, and the third was when I tried to hang myself. During those times, I felt like I wasn't in my right mind. My thoughts were scattered, and everything felt blank. I suddenly found myself hurting my own body in different ways. It all happened so quickly; I just didn't want to suffer anymore. There was no preparation at all. I remember one time I was cooking rice when my brother came home and started an argument again. I was tired, and he said hurtful things. I tried to calm him down, but he didn't stop. When he finally left, my mind was filled with so many thoughts. It felt like something was pushing me to act, and I started thinking that maybe they wanted to kill me, so I tried to end my life.)

The participant was further asked about the circumstances that led to his suicide attempt to fail, and he told us that:

“Diay pinagbekkelko kasla siak met laeng nangtulong bagbagik kasi kasla nagpakita kanyak ni Apo ket ibagana nga ikkatek, tas diay simmaruno a pinagpakamatayko isu diay tinulongandak dagiti sabali wennu pamilyak met laeng. Idi makapuotak, ana ngata naaramidko kunak. Apay a kastoy? Apay naubrak ti kastoy? Isu idi kunak ket sige agubraak lattan. Tapos manipud idin, kasla awan anyamanna dagidiayen. No kayatko man kuma agibales ken kabagisko ket saanen. Ti panpanunotek ket “ana ngata no natuloyanak idi?” No mayatak ngata kuma diay ngaton ngem naragasakanak met laeng nga naisalakan ken nagbiag.”

(When I tried to hang myself, I was the one who helped myself survive because I saw the Lord, and He told me to remove the rope. In my next suicide attempt, it was my family who helped me. When I regained consciousness, I asked myself, “What have I done? Why did I do this?” I decided then that I would just work hard instead. From that moment, everything seemed to change for the better. I realized that if I had died that day, I wouldn't have known whether I would truly be happy in the afterlife, but I was grateful to have lived.)

After we identified the circumstances that led to his suicide attempt to fail, we then asked his realizations after the suicide attempt, and he responded:

“Ni Apo lang ti mabalin a mangala ti biag ti maysa nga tao. Inikkatko naginom kada nagsigarilyo nakafocusak latta iti trabahon. No aginomak man sangkabassit laeng. Ti kunak lang kanyada ket, no agpakamatay kayo, agpakatatag kayo. Bassit lang biag, ken maymaysa lang deta. Ni Apo Diyos lang iti makaammo a mangala iti biag tayo isu lang makunak kanyada. Adda pay tropak agpapaadvice idi inadadvice'k tapos after 2 days ket natayen. Isu nga agpakatatag tayo.”

(I realized that only God has the right to take away a person's life. I stopped drinking and smoking, and I began focusing on my work. If I drink, I only do so occasionally and in moderation. My message to others who may be thinking of suicide is this: Be strong. Life is short, and only God has the power to take it away. I once had a friend who asked me for advice; I gave him words of encouragement, but two days later, he passed away. That is why I want to remind everyone to stay strong and hold on to life.)

CASE STUDY NO. 5

Participant no. 5, seventeen (17) years old at the time of the suicide attempt, narrated to us the factors that influenced her to commit suicide:

“Nagsasabay iti problema. Idi naibalud ni papa tapos natiliw ni tito tas naamwanda a katulong lang ni mama. Adu mangmangegko a sasao saan laeng nga iti sabali a tao no di ketdi pati kabagyanmi tapos ket simmabay pay iti family problem, kasla kuma no adu kami ket okayak lang ngem no agmaymaysaak ton ket mariribok iti panunotko isu kasdiay a kasla maararasaanan a “palpasemon” kaslang kasdiay. Monthsko a napadpadasan.”

(Problems piled up. When my dad was imprisoned and my uncle was arrested, and people found out that my mom was just a helper, people talked, and it added to our family’s problems. When I am with others, I feel okay, but when I am alone, I overthink, and it feels like someone is telling me to “just end it.” I have felt this way for months.)

After the participant explained the factors that influenced him to commit suicide, we then asked the method he used in committing it, and he told that:

“Ti inusarko ket tali, nakabitinak idin, danak diay cr mi nakaturogda amin idin. Tapos ingalotko diay tali, intryko pay nagbitin tapno icheck no natibker met laeng diay pannaka galut na, insecureko. Idi nasecrekon ket insabitko diay tengedko idiyen. Biglaan lang. Awan met iti inurayko lang a makaturogda amin.”

(I used a rope. I tied it and waited until everyone fell asleep. I tested the knot to make sure it was secure, then put it around my neck. It was sudden; I just waited for everyone to fall asleep.)

Then we further asked him the circumstances that led to his suicide attempt fail, he revealed that:

“Idi ana kasla nagflashback amin kanyak, diba nakabekkelakon, biglak nalagip diay inaudimi a kabsat, diak ammo no mano tawenko ngamin idi. Dagidiay mabuybuyak ket kasla kayatko tuladen, kasla dagidiay agpakamatay no adda problemana kasdiay, adda gamin indayonmi man idin adda talina insabitko manen diay ulok idiy idin tapos diay inaudimi bigla immay isuna diay sangwanak nga agibibit, ibagana a mabisin. Isu idi talaga desididoakon ket isuna simrek panunotko ket saan a kaya diay addingko no awanak. Disappointed nga at the same time maragsakan, disappointed a saan natuloy ngem maragsakan a mas naikkanak pay iti chance ken dakdakkal a hope para agbiag pay.”

(As I was about to pass out, flashbacks came flooding back. I remembered my youngest sibling, and I thought about how they would struggle without me. I realized I could not do it. I was disappointed that it did not work out, but at the same time, I was grateful for another chance to live.)

Following the discussion of the failed attempt, we asked him about his realizations after the suicide attempt, and he expressed that:

“Saan a suicide ti sungbatna iti amin-amin a problema, adda pay iti mas better a way na tapno masulbaran didiay a problema nga mangidurduron kenka nga agaramid iti madi. Wen kasi afterak nag-attempt agpakamatay, after kadidiay nayasidegko iti bagbagik ken Apo idi. Saan a suicide ken madi nga aramid ti solusyonna tapno masulbar iti amin nga problema. No makarkariknakay man iti depression, better nga umasidegka kenni Apo wennu mabalinda met nga agrant kadagiti trusted friendsda.”

(Suicide isn’t the answer to all problems. There are better ways to solve them. After attempting suicide, I became closer to God. If you are feeling depressed, it is better to reach out to God or trusted friends. Do not resort to suicide or harmful actions. There is always a way to fix problems.)

CASE STUDY NO. 6

Participant 6, twenty-one (21) years old at the time of the suicide attempt, told us the factors that influenced him to commit suicide:

“About lovelife, girlfriend, kase tay GF-ko nakitak nga adda lalakina. Panpanunotek idi no kayak ba or saan no awan isuna. 3 months a dibdibdebek.”

(About my love life, my girlfriend. When I found out that my girlfriend was with another guy, I thought about whether I could live without her or not. I dwelled on it for three months.)

Following the factors that influenced him to commit suicide, we asked what are the method he used in committing it and he mentioned that:

“Tali, plinanok didiayen kasi nasakit iti nakemko. Mapalabes ti 8 days a kasdiay ububraennan ti rabiinan plinanokon. Tay barawad, tas ingalotko diay ngato diay tali, ti pay balakkon ket idiay barawad iti pang kastak toy bagikon. Sakto met nga inibatak diay barawad ket ingalotko diay tali toy tengedkon, immay met diay kasinsinkon, isu dagosna binarawad diay tali ket napugsat. Adda inbatik a mensahe, inpanko diay cellphoneko tapos indissok diay lamisaan, tapno mabasa dantu dagitoy pamilyak, tapno ammoda iti napasamak.”

(Rope. I planned it because my heart was hurting. Eight days after she did that, I planned it that night. I got a rope and tied it to the top. I planned to use the rope to end my life. Just as I was about to put the rope around my neck, my cousin arrived and quickly untied the rope, and it broke. I left a message on my cellphone and placed it on the table so my family would know what had happened.)

Then we asked what made his suicide attempt to fail and he narrated that:

“Nakasilaw ngamin diay napanak, sakto met nga immay diay kasinsinko, isu diay pinugsat da diay tali. Permi ti sangitko kasdiay, apay saan a natuloy, apay pinutol da pay laeng kunkunak. Tas kuna diay kasinsinko ket, saan nga isu ti solusyon dayta.”

(It was bright where I was, and my cousin arrived just in time, so she cut the rope. I cried so much, wondering why it didn't work out, why they cut the rope. My cousin told me that wasn't the solution).

Lastly, we asked about his realization after committing suicide and he denoted that:

“Madi diay naaramidko. Nagininomak latta, kasdiay tuloy-tuloy, kase nabayag kammet kadidiay 4 years. Ti lang maibagak saan da araramiden ti kasdiay, ken saanda panpanunoten ti problema unay, kasla kanyak napadasak iti kastan. Pero naragsakakon ta adda sarilik a pamilyan.”

(What I did was wrong. I drank excessively because we had been together for four years. I just want to tell others not to do what I did and not to overthink problems as I did. Now, I am happy because I have my own family.)

CASE STUDY NO. 7

Participant 7, eighteen (18) years old at the time of the suicide attempt, shared us the factors that influenced him to commit suicide:

“Feelingko ngamin ket awan mamati kanyak ken kasla awananak iti kakampi. Middle childak ngamin, tas adda dua nga addingko. Adda met lalaingda. Kumbaga kanyami nga agkakabsat, siak ti kakapsotan iti panagututek. Agcollege nak idin. Ipilpilitda ag-TESDA diay welding kasdiayak, ngem saanko kayat ta ti kayatko kuma ket ag-HM-ak kasi magustwak agluto-luto. Adu mangmangegko iti sabali a tattao no agdamagda ken mama no agbasaak pay ba. Tas

isungbat ni mama nga wen, ag-HM kano, ngem kasla saan da mamati, kunada ket diba four years didiay, kayana garud? Kasla kasta. Tsaka ti maysa pay, kanayonak madisdiscriminate, nga ibagbagada amponak kasi dagitoy kakabsatko adda met langada, siak lang kano sabsabali. Ibagbagada pay nga isu saandak kaykayat ken saanko unay kasundo iti kakabsatko. Ubingak pay laeng idi kasta maibagbaga kanyakon.”

(I felt like I had no one on my side, and no one believed in me. As a middle child with two smart siblings, I felt like I was the weakest. They wanted me to take a different course (TESDA) in welding, but I wanted to study Hospitality Management (HM) because I loved cooking. People would ask my parents if I would continue studying, and my mom would say yes, but they seemed unconvinced, saying, “It’s four years, will he make it?” I also felt discriminated against, being told that I was adopted and did not look like my siblings. They would say they did not like me or that we did not get along. This started when I was young.)

After discussing the influencing factors, we asked the participant to narrate the method he used in committing suicide, and he narrated:

“Agas. Iminomak iti adu a sabali-sabali a klase ti agas. Plinanok, ta idi ket mapanpanunotko a makauma met ti kastoy a kasasaad. Kanayonak a maibabbaba ken maikomkomparan. Asideg ngamin ti openingmi idi maysa a lawas sakbay ti opening ket kasla ma-triggerak a no ituloyko ti ag-college, ta baka no mabagsakak, ad-adda pay ti discrimination a maawatko. Isu a nagpanpanunotak inggana a planplanuek metten no kasano. Iti rabii sakbay nga ag-commitak, adda ti celebrationmi idiay father’s side mi. Ayayabanak ti kabsatko nga, ‘Inka agsukaten, manong. Intayon,’ kunana. Ngem siak met, siempre, planado metten. Ammok a mapan amin a kabbalaymi idiay makicelebrate. Kunana pay ti kabsatko idi inaudi, ‘Itaka man la a saan agkuti, nukwa ket sika pay umununa agrubwat,’ kunana. Isu a napan dan. Inurayko nga agsipnget sakbay ko inubra. Chinachatak pay ti lalaki a kabsatko, dinamagko no agawidda. Ket sungbatna, saanna kano ammo, ngem rabii met laeng idiayen. Diak nagibati iti surat, ket kasla saanko inpadlaw idi. Inbagak laeng nga ingatda inton agawid, kasdiay.”

(Medicine. I took a lot of different kinds of medicine. I planned it because I felt tired of everything. I was always being put down and compared to others. The school opening was coming up, about a week before classes started, and I was getting anxious about going to college. I thought that if I failed, the discrimination against me would get even worse. So I thought about it deeply and planned how I would do it. The night before I tried to do it, we had a celebration on my father’s side of the family. My sibling told me to get dressed because we were about to leave, but of course, I had already made my plan. I knew all my family members would be there for the celebration. My youngest sibling even said, “It’s strange that you’re not getting ready you’re always the first one to dress up.” Then they left. I waited for it to get dark before I did it. I even chatted with my brother, asking if they were on their way home. He replied that he wasn’t sure yet it was already nighttime. I didn’t leave a letter. I didn’t want to make it obvious. I just told them to take care on their way home.)

After identifying the method he used in committing suicide, we asked him about the circumstances that led to the failure of his attempt and he told us that:

“Afterko a nainom diay agasen, mariknak agsakit buksit, ulo ken kasla marigatannak umangesen isu kasla intugawko diay salas. Diak ammo ta nagara adadda met latta nangarayak kanyakon. Diak mailasin no sino ta nalidem panagkitak idin. Intaraydak hospital, ta idi nakariingak. Dagidiay kabsatko adda, isuda gayam nangitaray kanyak, dida kano ammo ta

kasla kano marikna da met idi nga agawid dan. Ta gayam kasdiay pasamaken. Nadismaya kasi apay naubrak didiay, ngem, naragsakak kasi nariknak nga adu kakampik.”

(After taking the medicine, I felt severe pain in my stomach and head, and it became hard to breathe, so I sat in the living room. I did not know who suddenly came to help me because my vision had already gone dark. They rushed me to the hospital, and when I woke up, my siblings were there. It turned out that they were the ones who brought me there. They said they had suddenly felt the urge to go home, not knowing what had happened. I was disappointed in myself for doing that, but at the same time, I was happy because I realized that I was not alone after all.)

Following the circumstances that led to his suicide attempt failed, we asked him about the realizations after the suicide attempt and he expressed that:

“Nga saan papaapekto iti ibagbaga sabali nga tao. No kaya daka suportaran iti pamilyam, bebeam dagiti sabsabali a tao. Mas inlalaingko agbasa, pinatunayak a kayak, inggana nakaraduarak met laeng. Pagbalinem a pangpapigsa iti sasao iti sabali. Agtiwalaka iti bagim ken saanmo ipalubos nga atiwennaka iti sakit a marikriknam. Saan a suicide iti solusyon no di ketdi agulimekka tapos biglaem isuda a kayam met gayam.”

(Don't let others' words affect you. As long as your family supports you, ignore what others say. I focused on my studies, proved myself, and graduated. Use others' words as motivation. Trust yourself and don't let your emotions defeat you. Suicide isn't the solution; instead, prove yourself and show them that you can do it.)

CASE STUDY NO. 8

Participant No. 8, eighteen (18) years old at the time of the suicide attempt, shared us the factors that influenced him to commit suicide:

“Ti gapuna no apay pinadasko nagpakamatay ket gapu ti family problems ken dagidiay problema nga saanko kaya mahandle. Adda ngamin dagidiay problema panggep ti pamilya mi nga dik maawatan no apay kasdiay nagtungpalanna, kayat ko met maliwliwanagan no apay saan kayat agopen ni nanangko no apay saan na kayat ipakaammu no yanna pagtarusan na. Diay lang place ti damdamagenmi ngem saan na kayat ibaga, siempre napateg kanyak ti pamilyak isu saanko kuma kayat a maperdi gapu ta paglimlimed da. Nabiit pay idi nagawid ni mamangko.”

(I attempted suicide because of family problems and other issues that I could no longer handle. There were conflicts within my family that I couldn't fully understand. I often wondered why my mother wouldn't open up to us—why she didn't want to share where she was going or what she was dealing with. My family is very important to me, and I didn't want it to fall apart because of secrets. These problems began recently, after my mother returned home from abroad.)

Following the discussion about factors that influenced him to commit suicide, we asked what method did he used in committing it, and he pointed out that:

“Drinking a cup of dishwashing liquid. This decision or action was very impulsive because I didn't think of anything; I just wanted peace of mind. Saanko a plinano; biglaak laeng a naaramid ta saanko kaya i-handle diay dagsen a marikriknak. Awan preparasyonko.”

(I drank a cup of dishwashing liquid impulsively, without thinking. I just wanted peace of mind. I didn't plan it; it just happened because I couldn't handle the heavy emotions I was feeling. I had no preparation.)

Then we asked him the circumstances that led his suicide attempt to fail and he shared that:

“Nakita ni adingko nga aglablabutaben tay ngiwatko isu nga inpakaamona kada naggannakmi ken pinadasdak nga intaray diay ospital. Narelieved ngamin saan nga agpakamatay ti sagot ti problema kailangan lang talaga a pagsaritaan no ana man ti problemam ta nagannakmo.”

(My sibling saw that my mouth was foaming, so they told our parents and tried to rushed me to the hospital. It was a relief that I didn't die, suicide is not the answer to whatever problems you have with your parents.)

After we learned the circumstances that led to the failure of his attempt, we asked him about the realizations after his suicide attempt, and he told that:

“Saan nga agpakamatay ti sungbat amin a problema pwedem daytoy nga ayusen babaen ti nasayaat a tungtungngan, kunada ngarud a basol ken Apo ti agpakamatay, no man adda problemam pwedem daytoy nga iopen yanta close family relativesmo tapno ikkandaka ti gabay ken matulungandaka. Wen ngamin maymaysa lang ti biagtayo why not ienjoy ken ni Apo lang ti mabalin mangala ti biagtayo ta isuna met nagparswa kanyatayo, tatta a nalagpasak dayta a pasamak ket itrestressuareko daytoy biagko nga inted ni Apo. If you're going through a tough time, remember that there's someone who you can rely with like your family who loves and understand you. Don't make impulsive decision cause at the end of the day your family will be suffer on the consequences of your actions. So think smart and don't let your emotions take over your decision.”

(Suicide is not the answer to every problem; these things can be resolved through good and honest conversation. They say committing suicide is a sin against God. If you have a problem, you can open up to close family members so they can give you guidance and help. Yes, we only have one life why not enjoy it? Now that I have surpassed that incident, I will take care of and cherish the life that God gave me. If you're going through a tough time, remember that there is someone you can rely on, like your family, who loves and understands you. Don't make impulsive decisions because, at the end of the day, your family will suffer from the consequences of your actions. So think wisely and don't let your emotions take over your decisions.)

CASE STUDY NO. 9

Participant no. 9, seventeen (17) years old at the time of the suicide attempt, narrated to us the factors that influenced him to commit suicide:

“Napabutnganak, butbutngendak. Kasla nairurumenak gapu ta awan unay ammok kasla kuma no tungkol iti kaskaso. Awan iti nalawa nga ammok no kakasta, ta saanak met a nalaing iti kakasta. Adda maysa ngamin a babae idi, nagayyemko. Adda anaknan, tinanggapko diay anakna kas bagik nga anak metten kasi siempre no lovemo tanggapem a buo. Agububraak idi iti rabii, tapos iti bigat sumsumrekak klasek kasi grade 11ak pay laeng idi ta nagsardengak nagbasa tapos iti amin a sweldok ititedko kanyana no umayda balaymi. Ta saankami pay agkabbalay idi. Tapos naamwak nga adda gayam sabalina, tas idi isinakon, kunkunana metten nga ikasonak kano, ta pinabpabainak kano isuna iti sasao. Nga patambanganak kano kadidiay gayyemna ta paltogandak kasdiay. Kasla napabutnganak gapu iti kaawan iti unay ammok iti kaskaso. Mga 1 weekdak a binutbuteng sakbayko naaramid.”

(I got scared because they threatened me. It felt like I was being dragged into trouble just because I didn't know anything about laws or legal cases. I didn't have enough knowledge about it because I'm not very smart or good at it. There was a girl before my ex-girlfriend. She already had a child, but I accepted the child as my own because when you love a person, you accept her as a whole. I worked at night, and during the daytime, I attended my classes because I was still in Grade 11 at that time, since I had stopped studying before. I gave all my compensation whenever she visited my family house. But then I found out that she also had another partner. I broke up with her. She said she would sue me because I had humiliated and belittled her verbally. She also asked her new boyfriend to bide his time to attack me or have me shot with a gun. I got scared because I didn't know anything about laws or legal cases. They threatened me for a week before I did it.)

After we asked what influenced him to commit suicide, we then asked him the method he used in committing it and he stated that:

“Nagusarak iti tali, nagbekkelak idi. Biglaanko lang napanunot ta diak ammo ubrak idin, maturogak kuma idin ngem kasla magulgulo panunotko. Awan met iti preparasyonko maliban diay nagsarakak iti usarek a tali.”

(I used a rope to attempt suicide. It suddenly crossed my mind because I didn't know what to do. I was about to sleep, but I was confused and overwhelmed. I didn't have any preparation except for finding a rope for hanging.)

Following the method he used in committing suicide, we asked him the circumstances that led to his suicide attempt failed and he stated:

“Idi apagbekkelko pagisu sumrek ni kuyangko, ket dagosna a pinutol diay tali. Nabang-arannak kasi naamwan met laeng ti pamilyak ti reasonna no apay naubrak dijay ket tinulongandak.”

(By the time I tried to hang myself, my brother happened to come in and cut the rope. I felt relieved because my family finally understood the reason why I did it, and they helped me.)

Lastly, we asked what are the realizations from his suicide attempt and he marked that:

“A saan a suicide iti dapat nga ubraen, kumararag ken agiopen iti pamilya. Mas nalawlawanak, nga adda met iti pamilyak a mangtulong kanyak uray kasano karigat iti problema. Mas maymayat nga agiopenka iti pamilyam ta isuda iti number one makatulong kenka. Saan a basta-basta agdesisyon lalo no nadagsen iti marikriknam.”

(That suicide wasn't the solution. I should have prayed and shared my problems with my family, who can help me even with difficult problems. It's better to tell your family because they are the first ones who can help you. Don't make rash decisions, especially when you're feeling overwhelmed.)

CASE STUDY NO. 10

Participant No. 10, twenty (20) years old at the time of the suicide attempt, highlighted the factors that influenced him to commit suicide:

“About family problem. Kinanayonko a makitkita nga agap-apa dagiti nagannakko. Kas maysa a panganay kasla kanayon, siyak iti pabpabasolenda iti problema. Inggana nariknak a kasla pabigatak lang iti pamilyak. Minsan ibagbaga ni papa nga “awan pagtungpalan iti biagko” a permi pakasaksaktak. Diak ammon no kasano ubrak, no sino mabalinko pagpasalakanan, na parang awan marikriknak nga ayat iti pamilyakon. Halos 4 years ko na tinitiiis.”

(About family problems, I always saw my parents arguing. As the eldest child, it felt like they always blamed me for their problems. Eventually, I felt like a burden to my family. Sometimes my dad

would say, “You won’t amount to anything in life,” which really hurt me. I didn’t know what to do or who to turn to, and it felt like I wasn’t getting any love from my family. I endured this for almost four years.)

Following the factors that influenced him to commit suicide, we asked him the method he used in committing it, and he pointed out that:

“Uminom iti agas. Biglaan lang a naubrak gapu iti kinadagsen iti riknak. Awan met iti preparasyon nga inubrak.”

(I took an overdose of medication. I did it impulsively because of the overwhelming emotions I was feeling. I didn’t plan it out; it was just a sudden decision.)

Then we asked the circumstances that led to the failure of his suicide attempt, and he stated that:

“Nakitanak iti kabsatko a babae, tinawag na iti nagannakmi ket inpandak diay hospital. Masaya kasi kahit papaano nariknak nga adda pay laeng ti ayat ti nagannakko.”

(My younger sister saw me, called our parents, and they took me to the hospital. I’m glad that, somehow, I felt their love and realized that my parents still care about me.)

After we asked what made his suicide attempt to fail, we, then asked him about his realizations after the suicide attempt, and he answered that:

“Narealizeko a saan a gapu ti problema ket agpakamatayen, dapat agpakatatag. Mas naging natibker iti patinakemko ken mas maunawaakon. Huwag sumuko, never naging solusyon ang suicide.”

(I realized that just because of problems, I shouldn’t give up on life. I should be strong. My feelings have become stronger, and I understand that better now. Don’t give up; suicide is never the solution.)

CASE STUDY NO. 11

Participant No. 11, twenty-one (21) years old at the time of the suicide attempt, narrated to us the factors that influenced him to commit suicide:

“Kinasakit nakem. Napan nagabroad diay gayyemko. Tapos kankanayon a kasla maikawaak nga adayo isuna, tapos adda tay agsasaruno nga pinagapami gapu iti social media. Kasla makitkitak nga ag aact isuna kasla awanak a gayyemna. Puro apa, saanak pay makamusta. Tas maysa aldaw adda permi saanmi nagkinnawatan gapu lang iti bassit a banag. Kanayon kasla awan karapatak iti relasyonmi, gapu sakit nakemko nagpakamatayak.”

(What I feel is painful. My partner went abroad, and I’m not used to him being away. We kept arguing because of social media, it seemed like he was acting like I wasn’t his boyfriend. It was all arguments, he didn’t even ask how I was. One day, we had a big misunderstanding because of a small thing. It seemed like I had no rights in our relationship, because of the pain I felt, I attempted suicide.)

After the we asked what influenced him to commit suicide, we then asked the method he used in committing it and he shared that:

“Imminumak iti adu nga agas. Biglaak lang napanunot gapu ta agsasaruno met a kasdiaykami. Awan preparasyonko.”

(I took a lot of medication; I just suddenly thought of it because of the series of events.)

Then we further asked him the circumstances that led to his suicide attempt to fail, and he narrated:

“Nakitanak ni manongko nga aglablabutab iti ngiwatna, ket dagusnak intaray. Nadismaya a somehow naragsakan, nadismaya kasi kayatko awan mariknana a sakiten pero naragsak ta uray kasano naisalakanak.”

(My brother saw me, my mouth was foaming, and he immediately rushed me to safety. I was disappointed, and somehow happy, disappointed because I didn't want to feel the pain anymore, but happy because I was saved somehow.)

After he narrated the circumstances that led the failure of his attempt, we asked about his realizations after the suicide attempt, and he expressed that:

“Nga amin a problema ket saan permanente, malpas to latta. Nagsinakami idi pero nagfocusak pinagbasak inggana nakaturposak. Think before you do things impulsively. Everything happens for a reason. Trust yourself.”

(All problems are not permanent, everything will end. We broke up, but I focused on my studies until I graduated. Think before you do things impulsively. Everything happens for a reason. Trust yourself.)

CASE STUDY NO. 12

Participant 12, twenty (20) years old at the time of the suicide attempt, told us the factors that influenced him to commit suicide:

“About relasyon. Kasla ibabbabanak iti mismo a gayyemko. Tapos naamwak adda gayam sabalinan. Idi kalpaskanmi nag anniversary.”

(About my relationship, I felt like my boyfriend was belittling me. Then I found out that he already had someone else. It happened after our anniversary.)

After we asked what influenced him to commit suicide, we asked what method did he used in committing it, and he said:

“Imminumak iti adu nga agas. Biglaan lang a napanunotak. Nagibibitak ta naamuak a kasdiay iti pasamak, permi ibibitko isu nangiduron kanyak agpakamatay.”

(I took a lot of medication. It was sudden. I was just crying because of what I found out.)

Following the method he used in committing suicide, we then asked him the circumstances that led to his suicide attempt failed and he stated:

“Nakitanak ni mamangko didiay mismo kwartok nga aglablabutab iti ngiwatko ket dagosdak intaray. Nadismaya ta diak kuma talaga kayaten kasi sobra sakitnan.”

(My mom saw me in my room; my mouth was foaming, and she immediately rushed me to safety. I was disappointed because I didn't want to feel the pain anymore, but it was too much.)

After we asked what made his suicide attempt to fail, we asked him about his realizations after the suicide attempt, and he answered that:

“A saan dapat damdamdamin nga ipaturay a maatiwka iti mismo a panunotmo. Nagfocusak iti panagbasak, itatta ket addaanak iti nasayaat a pagubraan ket adda sarilik a pamilya. It takes time to heal, problems lang yan, we're fighter of our own life.”

(It shouldn't be dwelt on, and one shouldn't be defeated by one's own thoughts. I focused on my studies, and now I have a good job and my own family. It takes time to heal; it's just a problem we are fighters in our own lives.)

CASE STUDY NO. 13

Participant No. 13, twenty (20) years old at the time of the suicide attempt, shared us the factors that influenced him to commit suicide:

“Mapanpanunotko nga ana pay laeng ba iti purposeko nga agbiag no puro met laeng hinanakit ti maawawat iti pada a tao. Marikriknak nga awan mamati kanyak idin. Siyak ti inaudi kanyami nga agkakabsat. Idi nagcommitak nga agpakamatay, ni manongko maysa isuna a Teacheren tas ni ate naggraduar iti accountancy ket agububra isunan iti maysa a kompanya. Kas maysa nga inaudi, maprespressureak ta kanayonak a maikomkompara, isu mapanpanunotko a what if I failed. Nangalaak idi iti course a Nursing idi collegeak, inubrak met amin a kabaalak pero adda nakabagsakak a maysa subjectko. Tapos mabutengak mangibaga kada mama, pero diak ammo no apay adda ken sino iti nangpadamag kanyada a nabagsakak. Idi nagawidak balay, ungungtanak ni mama sangkabagana nga "dim lang tultuladenda ate ken kuyam, nakagraduarda nga awan bagsakda", siempre diak simmungbat idin ta nadagsen met iti riknak ta ammok met nga inubrak amin. Tas one time napanak gimatang iti maysa a tianggi tas nakigtotak idi ta kuna diay aglako ket "ususto ba diay damagko nga nabagsakka kano? pagbasaendaka pay garud ita?". Saan lang a naminsanak binagaan ni mama nga ikomkomparaak kadagiti kakabsatko, adda pay naminsan inbagana nga "awan serserbi iti rigat a no kasta lang a mabagsak ka, tuladem da kuyangmo naglalaingda duada ken atem", kas maysa nga inaudi makarkariknaak met ti dagsen ti rikna gapu ti kasta a sasao. Nangrugi idi nabagsakak permi iti panangkomkomparada kanyak, mga 1-2 months siguro a naikaskasdiayak gapu lang iti pannakabagsakko.”

(I feel like no one believes in me. They say I’m a menopausal baby. There is a belief among older women that if you’re a menopausal baby, you’ll either be very smart or very dumb. Ever since I was a child up until high school, that’s what people kept saying about me. I always heard them say that I’m a menopausal baby but not blessed with intelligence. I have two older sisters, and I’m the youngest, with a big age gap between us. Even when I was already in high school, I still struggled to understand our lessons, but I always made sure to attend school no matter what. There was even a teacher who once told me, “Aren’t you the sister of so-and-so? They’re smart why don’t they teach you?” Sometimes I also heard my classmates say they didn’t want me in their group whenever we had group activities. When I would go to buy something at the store, some older people would say, “Why don’t you ever get honors in school? Your two older sisters were always top 1.” Then they would tell me that because I’m a menopausal baby, there must be something wrong with me. I got used to hearing things like that, but there was one night when thinking about all of it made my mind spiral with so many thoughts that I just wanted to end my life. Ever since I was young, I’ve been compared to others.)

Following the factors that influenced him to commit suicide, we asked what method did he used in committing it, and he answered that:

“Binagkongko bagbagik, kalpasan a naungungtan kada naikomkomparaak dagusak simrek idiy kwarto, sako met adda nakitak a folded knife ni kuyangko. Gapu iti sakit nakemko biglak naitured nga nagbagkong tas kasla diak pay marikna pannakasugatko idin iti alisto pasamak. Awan preparasyonko, biglak latta naubran.”

(I drank Joy, the dishwashing liquid. I suddenly thought of ending my life because of my emotions. I really had no preparation at all, except for looking for something I could use to take my own life.)

Then we asked him the circumstances that led to his suicide attempt to fail and he shared:

“Umaynak kuma ayaban ni mama idi a mapan manganen, isu didiay nakitanak nga agkakapsut a dara-dara. Isu diay dagusdak intaray diay hospital. Nadismayaak kasi apay pay laeng insalakandak pero idi bumaybayag naragsakanak met laeng ta uray kasano naamwak nga adda pela purpose biagko.”

(My mother saw me that day she came into my room just in time and found me with foam coming out of my mouth, so she rushed me to the hospital. I once asked my father how and why he saved me. He told me that when he entered my room, he saw me lying on the bed, holding a plastic bag of Joy (detergent), and foaming at the mouth. Without hesitation, he carried me to his tricycle and drove me straight to the hospital. I felt relieved that I was saved because I saw how my parents would have suffered if I had died their tears showed how much pain they were in. They kept asking me what was wrong and why I didn't tell them about my problems.)

And lastly we asked him about the realizations after the suicide attempt, he shared that:

“Narealizeko a saan a makatulong ti panagpakamatay ti amin a problema. Nga kakampik pay laeng gayam da mama uray kaskasano. Mas limagan iti way a panangkasaritada mama kanyak, nag sorryda. Mas nilaingak nagbasa idi uray adda bagsakko, intuloyko, isu naigasatanak met laeng ta nalpasko met laeng iti course nga innalak, tapos maysaak a professional itan. Ti lang kayatko ibaga ket no mabagsakka man, take all the negativities from all the people including your family as an inspiration to keep going and fighting. Saan porket nabagsakka ket agnanayon a bagsakkan, God has a better purpose/plan for you!”

(I realized that suicide doesn't solve any problem. My mom eventually showed that she still cared for me despite everything. Her way of talking to me also changed she apologized. I studied harder even though I had failed before. I didn't give up. In the end, I was blessed to finish my course, and now I am a professional. What I want to say is this: even if you fail, take all the negativity from others even from your own family as inspiration to keep going and fighting. Just because you fall doesn't mean you'll stay down forever. God has a better purpose and plan for your life.)

CASE STUDY NO. 14

Participant No. 14, sixteen (16) years old at the time of the suicide attempt, narrated to us the factors that influenced him to commit suicide:

“Marikriknak a kasla awan mamati kanyak. Menupausal babyak ngamin a kunada. Tas diak ammo adda dagidiay pammati iti babbaket nukwa no menupausal babyka ket it's either sobra laingmo kano wennu sobra met kinabobom. Diak ammo ta nanipud idi ubingak patingga highschoolak isu ibagbagada kanyak, ket isu mangmangegko iti kaadwan a menupausal babyak pero naipatangak ti saanna kalaingan. Adda kabsatko a dua siak ti inaudi, ket adayo gap iti agemi. Agububrada idin ket highschool nak pay laeng. Highschoolak idin ngem marigatanak pay laeng makasurot iti amin a lesson pero kanayonak nga present iti iskwela uray kaskasano. Adda pay maysa teacher nangibaga idi kanyak nga "diba kabsatmo ni ano, nalalaingda met, apay didaka lang isursuron" tas dadduma mangmangegko dagiti kaklasek idi a kasla saandak kayat kagrupo no adda group activity. Tas no pay mapanakla gumatang diay tianggi kuma tas adda babbaket ibagbagada nukwa kanyak nga "apay awan honormo diay iskwela ket diay dua nga atem idi ket isuda ag totop1 tas ibagbagada a menupausal babyak kano isu kasla adda kurkurangko". Sinanayko bagbagik a kakasta mawawatkon pero adda maysa rabii a no mapanpanunotko dagita ket kasla adu sumrek panunotko kasla kayatkon iti agpakamatayen. Ubingak pay laeng idi makaranranasak iti panagkomkomparada kanyakon.”

(I feel like no one believes in me. They say I'm a menopausal baby. And I don't know, but there's this belief among older women that if you're a menopausal baby, you'll either be very smart or very dumb. I don't know—ever since I was a child up until high school, that's what people kept saying about me. I always heard them say I'm a menopausal baby but not blessed with intelligence. I have two older sisters,

and I'm the youngest, with a big age gap between us. Even when I was already in high school, I still struggled to understand our lessons, but I always made sure to attend school no matter what. There was even a teacher who once told me, "Aren't you the sister of so-and-so? They're smart why don't they teach you?" Sometimes I also heard my classmates say they didn't want me in their group whenever we had group activities. When I'd go to buy something at the store, some older people would say, "Why don't you ever get honors in school? Your two older sisters were always top 1." Then they'd tell me that because I'm a menopausal baby, there must be something wrong with me. I got used to hearing things like that, but there was one night when thinking about all of it made my mind spiral with so many thoughts that I just wanted to end my life. Ever since I was young, I've been compared to others.)

After we asked the factors that influenced him to commit suicide, we asked him the method he used in committing it and he stated that:

"Imminomak iti joy diay paginnaw. Biglaanko lang a napanunotan agpakamatay idi gapu iti emosyonko. Awan pulos preparasyonko maliban diay pinagsarakko usarek nga agpakamatay."

(I drank Joy, the dishwashing liquid. I suddenly thought of ending my life because of my emotions. I really had no preparation at all, except for looking for something I could use to take my own life.)

After the participants shared the method he used in committing suicide, we asked the circumstances that led to his suicide attempt failed, and he told us:

"Nakitanak ni papangko idi naipatang nga immay isuna diay kwartok nakita na nga aglablabutab toy ngiwatkon, isu intaraynak dagos. Dinamagko idi ken papa no kasano apay naisalakanak, base kadidiay kinunana nakitanak kano diay kwartok a nakaidda tapos nakaiggem ti supot ti joy, tas nakitana kano aglablabutab diay ngiwatko isu dagusak inlugaran diay tricyclena dagusak inpan iti hospital. Nabangaranak a naisalakanak kasi makitak dagiti nagannakko a marigatanda no maawanak idi a ta permi sangitda. Damdamagenda pay idi no ana problemak ta apay kano diak agibaga kanyada."

(My father saw me that day he came into my room just in time and found me with foam coming out of my mouth, so he rushed me to the hospital. I once asked my father how and why he saved me. He told me that when he entered my room, he saw me lying on the bed, holding a plastic bag of Joy (detergent), and foaming at the mouth. Without hesitation, he carried me to his tricycle and drove me straight to the hospital. I felt relieved that I was saved because I saw how my parents would have suffered if I had died their tears showed how much pain they were in. They kept asking me what was wrong and why I didn't tell them about my problems.)

Lastly we asked him about his realizations after the suicide attempt, and he shared that:

"Narealizeko a saan a solusyon iti pinagpakamatay tapno masulbar ti problema. Nagbaliw ti panagkitak ti biag, mas naging activeak iti Churchmi. Nagpatinggaak iti highschool a naggraduar, pero addaanak iti business a sapat met para kanyak ken iti pamilyak a paggapwan iti kwartami. Ti lang makunak ket saan a basehan ti kinalaing tapno maging succesfulka iti biag, diskarte lang dayta. No saanka man a nabiyayaan iti sapat a laing, diskarte lang, adda turongen ti biagmo."

(I realized that suicide is not the solution to solving problems. My outlook on life has changed. I've become more active in our church. I only finished high school, but I now have a business that is enough to support my family and me. What I can say is that success in life is not based on intelligence; it's all about strategy and determination. Even if you weren't blessed with great intelligence, as long as you have the right mindset and resourcefulness, your life will still go somewhere.)

CASE STUDY NO. 15

Participant 15, sixteen (16) years old at the time of the suicide attempt, highlighted the factors that influenced him to commit suicide:

“Kasla diak kaya idi kasi marigrigatanak saan lang physically no di ketdi emotionally payen. Adda kabsat gamin ni papa a nangbaga nga alannak ta pagbasaennak. Diak ammo nga adda gayam iti nagtulaganda kada papa a siak ti mapan agubra kadidiay titangko tapno mabayadan diay utangda papa. Isu didiay napanak nagan kanyada, siempre no makigyagyantayo ket saan mabalin agsadutsadut, isu a tumultulongak latta, pero months kasla sumabsabali met ugali ni titangko kanyakon. Agririingak nukwa mga alaskwatro tapno agubraak pay laeng idiay bagoak mapan agbasa. Tapos uray ana ububrak or uray awan met ububrak a madi kinanayonak a pagbabaraan ni titangko. Adda pay time idi a medyo naladawak nakariing mga 6ak sa nakariing idi ta permi bannogko diay iskwela. Umaynak binuyatan iti danom a niriing. Agibibitak idi ta diak met expectaren didiay. Akalak ket normal lang nga ungetna dagidiay kasdiay nga ububrana inggana a saksaktanak iti sasao bagbagaanak a "kurang pay a bayad utangda papangmo dayta pinagubram ditoy". Tapos saanko met ammo nga adda gayam karapatak nga agreklamo ta addaanak iti karapatan a kas maysa a minor. Minor nak pay laeng idi mga grade 10ak. Adda gayam karapatak nga agreport, panpanunotek gamin idi ket usto ni titangko, ken ti panpanunotek dakkal nga utangko kanyada iti pinagbasak iti dua a tawen. Pero maysa aldaw naglibasak a nagawid diay ayanda papa, ngem inungtandak, binagaandak nga anusak latta, 1 monthko pay laeng nagan idiay idi ket nariknak iti kastoyen a pasamakan.”

(It was hard for me not just physically but also emotionally. My father’s sibling told me that I would be taken so I could continue my studies. I didn’t know that there was actually an agreement between my father and my aunt that I would work for her to pay off my father’s debt. That’s why I stayed with them. Of course, since I was living with them, I had to help with the chores. But after a few months, my aunt’s attitude toward me started to change. I would wake up at around four in the morning to work before going to school. No matter what I did, or even if there wasn’t much to do, my aunt would always find something to scold me about. There were times when I overslept woke up around six because I was tired from school and she would pour water on me to wake me up. I cried because I didn’t expect that kind of treatment. I thought it was just normal for her to be that strict until she started verbally abusing me, saying things like, “That’s not even enough to pay your father’s debt, considering the work you do here”, I didn’t even know that I actually had the right to complain because I was still a minor then I was only in Grade 10. I had the right to report what was happening. But back then, I thought my aunt was right, and I felt like I owed her a lot for helping me continue my studies for two years. One day, I went home to my parents’ house, but they told me to endure it a little longer. I only stayed there for about a month, but that short time already made me realize how painful that experience was.)

After we asked what influenced him to commit suicide, we asked him the method he used in committing it, and he shared:

“Nagtumarak iti adu nga agas, sleeping pills, gimatangak idi. Ta ti kayatko ket maturogak kuma a saan makariingen. Plinanok didiayen kasi mano aldawko panpanunotenen nga ubraenen,

agduduaak pay idi no ubraek ba. Ngem gapu ta isublidak latta da mama diay ayanda titangko, isu kunak pilyek latta matayen kaysa paulit-ulit a kasdiay. Ti preparasyonko laeng ket idiy nagsarakak paggatangan agas. Awan inbatbatik a sinyales kada surat nga ubraek idiy.”

(I took a lot of medicine sleeping pills that I had bought. What I wanted was just to fall asleep and never wake up. I planned it because for days I had been thinking about what to do. I was hesitant at first, but because my parents wanted to send me back to my aunt’s house, I decided it was better to die than to go through the same thing again. My only preparation was buying the medicine. I didn’t leave any note or sign of what I was planning to do.)

Then we asked him the circumstances that led to his suicide attempt to fail, and he told us that:

“Idi nainomkon, umaynak kitan ni papa ta itulnogdak kuma diay ayanda titangkon ngem nakitada nga aglablabotab ngiwatko ken kasla aglitemakon. Isu intaraydak dagos diay hospital. Disappointed idi damdamo ngem nabangaran uray kaskasano kasi pinanunotko latta a saanko pay talaga oras.”

(After I took the pills, my father came to get me because he was supposed to take me back to my aunt’s place. But they noticed that my mouth was foaming and my lips were turning dark. So they rushed me to the hospital. They were disappointed and upset, but they were still thankful that I survived. At that time, I realized it really wasn’t my time yet.)

After we asked the circumstances that led to his suicide attempt failed, we asked his realization after the attempt and he shared that:

“Narealizeko nga adda mas mabalin nga aramiden kaysa agpakamatay. Nga adda iti batas a pagipulongan wenno pagpatulongan. Mas imasidegak ken Apo ken iti pamilyak, kalpasan idiy a pasamak didak insublin diay kenni titangkon. No di ketdi tinulongandak pay a makarecover. Ti lang maibagak kadagiti makapanpanunot iti agpakamatay ket, panunoten tay pay laeng umuna nga adu iti mas better a solusyon kaysa iti pinagpakamatay. No agrigrigatka ita, igaed mo latta tapno makaturpos ken addanto met mapatunayamon.”

(I realized that there are better things to do than ending your life that there are laws and places where you can seek help. I became closer to God and my family after that incident. I didn’t return to my aunt’s place anymore; instead, they helped me recover. What I can say to those who are thinking about suicide is: think first there are always better solutions than taking your own life. If you’re struggling now, just keep going; finish what you’ve started because one day, you’ll have something to prove.)

CASE STUDY NO. 16

Participant No. 16, sixteen (16) years old at the time of the suicide attempt, shared us the factors that influenced him to commit suicide:

“Marikriknak a kasla saanak belong uray inno or ana man iti papanak. Idi grade 6ak innalanak ni titangko nga agyan diay balayda ta pagbasaendak, pero iti nangaywan kanyak ni lolong ken lolangko kasi ni titangko adda diay abroad. Ni lolong ken lolangko nasayaatda kanyak. Pero diay titangko ken dagidiay dadduma a kabsatda kada papa isuda iti permi a mangkagkagura kanyak, ubingak pay laeng idi marikriknak a kasla saandak kanano no ituringdakon hanggang idi nag grade 6akon, siempre no grade 6ka ket adda met nakemmon ta makaawatka met sao kasdiay a tawtawenen. Gapu ta simangpet diay titangko nga adda abroad, kasla nagpadayada diay balayda idi. Pero everytime nga adda kasdiay a ganap, siak ken iti pamilyak sadakami lang iyaban manganen no awan bisitan, dakam ti maudi iti amin. Siempre ubingak pay laeng idi.

Tapos one time addada amin diay salas, taposda mama nagawiddan, rimwarak tas napanak nagtugaw diay saan met unay adayo kanyada, mangmangegko pagsasaritaanda. Ibagbagada ket "isubli tay daytoy nga ubingen, awan maragpat na daytoy, sayang lang kwarta tayo no pagbasaen tayo nga ituloy" tapos nagado pay isasaoda. Isu diay inbagak idi kada mamak idi nagbakasyonak kanyada nga agbasaak diay ayandan, isu nag wen ni mama. Isu innala dak, tapos mga grade 10ak ditoy titangko kinanayonak pabainan diay gc mi nga agfafamily. Adda pay time nga binagaanak a "makabasa ka garud met no awan kami a nangteted ken nangsuporta iti kwarta kanyam met, no kurang pay nga igatangyo kanenyo ta masapolanda amam, baka dika kuma pay nakadanun dita nga ayanmo a no saan gapu kadakami" kasta ibagbagada a kasla no naganak kada mama ket diak nakadanun grade 10. Dinibdibiko amin dagita a sao nanipod ubing tapos mga grade 10 idi nag commitak."

(I used to feel like I didn't belong anywhere. When I entered my first year of high school, my aunt took me to live in their house so she could support my studies. However, my grandparents were the ones who actually took care of me because my aunt was working abroad. My grandparents were kind to me, but my aunt and my father's siblings really disliked me. Since I was young, I already felt that they didn't treat me as part of the family. When I reached Grade 8, I started to understand more of what was happening around me. At that time, my aunt returned from abroad, and they had a small gathering at their house. During events like that, my family and I were only invited when the visitors had already gone home. We were always the last ones to be included. Since I was still young, I just sat nearby while the adults talked. My mother and the others had already gone outside to head home. I overheard their conversation, and I heard them say that they should just return me to my real family because they believed I would not achieve anything in life. They said that sending me to school would only be a waste of their money and said many other hurtful things. When I went home to my parents for vacation, I told my mother that I wanted to study while living with them instead. She agreed, and they took me back. When I reached Grade 10, my aunt would embarrass me in our family group chat. She would tell me that I would not be able to study if they didn't give me money for my allowance. She said that my father's salary wasn't even enough to buy food for us and that I would not have reached where I am now without their help. They insisted that I wouldn't even be in Grade 10 if I had stayed with my mother back then. I kept all those painful words inside me, and when I was in Grade 10, I attempted to take my own life.)

After we asked what influenced him to commit suicide, we asked him the method he used in committing it, and he said that:

"Uminomak iti pesticide, awan ngamin kadwak diay balay idi isu naituredko ubraen, biglak lang napanunot ta mafefeelko a kasla nagsad, tas nairana maymaysak pay idi ta napan nakibirthday dagidiay kabbalayko diay karrubami. Iti preparasyonko lang ket nagsarakak iti usarek."

(I drank pesticide. I was alone in the house at that moment, and that made me feel brave enough to do it. The thought suddenly came to my mind, and I felt very sad. My whole family had gone to our neighbor's house for a birthday celebration, so no one was with me. I quickly prepared myself and looked for something I could use.)

After the method he used to commit suicide was identified, we asked him the circumstances that led to his suicide attempt to fail, and he stated that:

"Mga awan pay siguro 5 minutes idi nga ininomko diay pesticide ket simangpet ni mama ta umaynak kuma ikkan iti kanek, ngem base diay inbagana idi nakariingakon. Nakitana kano

nakaiggemak diay nagyanan diay pesticide, tapos nakaiddaak diay salas nga aglablabutab iti ngiwatko isu diay nagtartaray isuna napan nangayab iti mangipan kanyak diay hospital. Saanak nadismaya a nagfailed pero nadismayaak kasi apay naituredko didiay nga inubra.”

(It was not even five minutes after I drank the pesticide when my mother suddenly arrived to bring me food. Based on what my mother told me after I woke up, she saw me lying on the floor while holding the pesticide container, and my mouth was already foaming. She quickly asked for help to take me to the hospital. I was not disappointed that I survived, but I was disappointed in myself for doing something like that.)

Further, we asked him to expressed his realization after his suicide attempt, and he stated that: *“Narealizeko a madi diay inubrak, a mas nakarkarodaka ibaba no ipalubos mo a maatiw ka, isu nga intuloyko nagbasa inggana nakaraduarak ken addaanak iti nasayaat a trabahon, uray kaskasano ket isu iti pannaka revengeko latta daytoy iti amin a nangapi kanyakon diay maging succesful, uray kaskasano ket addaanak met latta respeto kanyada uray inkasdiaydak. Wen, nagbaliw iti biagko idi, adda nagbaliwana, natutunak a binebean amin nga ibagbagada, ken tinutokak nagbasa inggana nalpas. Ti lang maibagak kadagiti ubbing, saan lang nga ubbing no di ketdi kadatayo amin a laban lang, Pray always and ilalaingmo agbasa tapno in the end mapatunayam a kayam, nga uray kasano kinayam!”*

(I realized that what I did was wrong and that allowing myself to be defeated would only bring me down even more. That is why I continued my studies until I finished school and got a good job. My success became my way of proving myself to those who looked down on my family and me. Even though they treated us badly, I still kept my respect for them. My life changed after that experience. I learned to ignore the negative things people said about my family and me. I focused on my studies until I graduated. For the youth and not only the youth but for everyone keep fighting. Pray always and study well so that, in the end, you can show everyone that you are capable and that you can rise above everything.)

CASE STUDY NO. 17

Participant No. 17, eighteen (18) years old at the time of the suicide attempt, highlighted the factors that influenced him to commit suicide:

“Nabannog iti riknak, ken diak kayat lumabanen. Grade 7ak gamin idi ket 16 tawenkon, kasi naminaduak narepeater, gapu ta diak makasursurot diay iskwele. Ti malagipko iti maysa pay a reason no apay ag-ababsentak idi ket bagbagaandak nga "ang-ang nga ubing" dagidiay nagannak dagidiay classmateko. Aminek a diak talaga unay makasursurot pero idi grade 7ak kinanayonak a present, tas kinanayonak met makatkatawaan kada maibabbaba iti uneg mismo iti iskwelami. Dagidiay dadduma a classmateko idi no adda group activitymi ket saandak kayat alan, kunkunada ket "diak kayat alan dayta laklakayan, awan ammona saan to met laeng tumulong" kunkunada. Tas dadduma mismo pay a teacher iti mangibabain kanyak, no agrecitationkam kuma, tas diak ammo isungbatko, mabagaanak iti "laklakayankan, awan lang ammomon". Kas maysa nga ubing, agmarmarka amin nga ibagbagada kanyak. Isu didiay diak pulos simsimrek iskwele, tas inungungtannak iti nagannak ko. Isu timalawak balaymi, napanak diay kubo-kubo diay likod met laeng balaymi, isu kadidiay nga aldaw napanunotko a kasla awan turongen biagko ta amin papanak awan mangisalakan ken mamati kanyak. Mga yearsak met naibabbaba gapu ta saanak unay nalaing bago napanunotak agpakamatay.”

(I'm tired of how I feel, and I don't want to fight anymore. I was already 16 years old when I was still in Grade 7 because I had repeated many times I just couldn't keep up in school. I remember another reason why I often skipped classes: the parents of my classmates would tell them, "Don't hang around that kid." I knew deep inside that I really wasn't good at learning, but even when I attended regularly, people would still make fun of me and look down on me, even inside the school itself. Some of my classmates wouldn't include me in group activities. They would say, "I don't want to be with that stupid one; he doesn't know anything and won't be of help." Even some of my teachers embarrassed me. When we had recitation and I couldn't answer, they would say, "You're dumb; you don't know anything." As a child, all those words left a deep mark on me. Because of that, I stopped going to school and just stayed home. I would stay in the small hut behind our house. I kept thinking that my life had no direction everywhere I went, no one believed in or helped me. For years, I was constantly looked down upon for not being smart enough, until one day, I began thinking about ending my life.)

After the factors that influenced him to commit suicide was highlighted, we asked him the method he used in committing it, and he shared that:

"Nagbekkelak diay kubo diay likod iti balaymi. Biglaanko lang a napanunot nga agpakamatay kasi gapu iti emosyon siguro. Iti preparasyonko lang met ket napanak nagkita iti tali nga usarek, pero ti nasarakak ket diay tali iti pagbunbundle iti tobacco, natibker didiay ta isu ususarenda amak no agbunleda idi iti tobaco."

(I stayed inside that hut behind our house. Suddenly, I thought of committing suicide — maybe because of all the emotions I was feeling. My only preparation was to look for a rope that I could use. What I found was the rope used for bundling tobacco leaves — it was strong because my father used it back then when tying up tobacco bundles.)

Following the method he used to commit suicide, we asked him the circumstances that led his suicide attempt to fail and he answered that:

"Nakabekkelak idin, apag babak diay nagbatayak nga agbekkel ket nakitanak ni amak nga aggapu diay taltalon ket dagosna a pinutol diay nakabitinak, no gamin aggapu isuna diay taltalon, malabsanna diay kubomi isu nakitanak. Ket dagusnak intaray diay hospital, base kadidiay inbagana ket siguro awanak kuma talagan no saan naipatang a limabas isuna, baka kano no mas naladaw isuna ket talaga natuloyanakon. Nabangaranak a naisalakanak uray kaskasano ta nariknak ti ayat iti pamilyak, agbababwiak nga inubrak didiay."

(While I was tying the rope and getting ready, my father happened to arrive from the farm. He immediately saw me because our hut was on the way from the fields. He quickly rushed over and cut the rope I had tied around my neck. He said later that if he had come even a little bit later, I might not have survived. I was immediately brought to the hospital. That day, I realized that I had been given another chance to live. I felt the love of my family, and I promised myself I would change.)

After the circumstances to the failure of his attempt was identified, we then asked his realization after the attempt, and he expressed:

"Narealizeko a saan solusyon iti pinagpakamatay, kumararagka ken Apo. Nagbaliw iti panagkitak iti biagko idin, kasla mas rimanyag. Diak nagtuloy nagbasa idin nagubraak lattan ken adda nangtulong kanyak a kabagyanmi, inikkannak iti sarilik a negosyo, ken addaanak iti pamilya itan. Ti lang kayatko ibaga ket saanmo hayaan a maatiw ka iti sasao iti sabali, no saanka man nabiyayaan iti laing, bawiem iti diskarte! Laban lang!"

(I realized that suicide is never the solution — you must pray to God. My perspective on life completely changed after that; I began to feel lighter and more hopeful. I didn't go back to school anymore, but I started working instead. One of my relatives helped me and even gave me my own small business. Now, I have my own family. What I want to say is this: never let the words of others destroy you. Even if you weren't born talented or intelligent, make up for it with resourcefulness and determination. Keep fighting!)

CASE STUDY NO. 18

Participant 18, seventeen (17) years old at the time of the suicide attempt, highlighted the factors that influenced him to commit suicide:

“Awan tiwalak bagbagik idin ken puro sakit amin maawawatko a sasao iti sabali nga taon. Ibagay tay lattan diak unay nalaing, siguro adda paglaingak pero adda met iti pagrigatak a maawatan. Maymaysaak gamin nga inanak, kas maymaysa nga inanak, kayatko kuma met a maging proudda mamangko kanyak, isu nga uray nagado iti pagkapsutak ken diak unay makasurot iti iskwela, inkarkarigatak latta. Pero ti permi a pakarigatak ket dagiti sasao iti sabali a tao. Dadduma mangmangegko iti likudak nga ibagbagada nga "apaunay lang ti gasat ti nagannakna daytoyen kakaisuna nga anakda, nakadulduldog pay" adu pay a iti nakakaro a sasao mawawatko. Graduatingak gamin idi iti grade 12, diba no grade 12 adda research na? Adda grupo-grupo, tumultulongak met diay researchmi idi ngem aminek dadduma saan umusto dagidiay tulongko ta diak makasurot no kasano pamayan. Adda naminsan, mapankami agpacheck diay papelmi iti research, nakitak nga awan naganko diay ipacheckda. Isu dinamagko kadidiay leadermi, tapos kunana ket "agambagka puro wrong met" isu diay kasla napabainan iti riknak. Tapos idi adda kam diay room kasla nagdinamag nga inikkatdak diay grupomi, tas kunkuna dagidiay classmateko a mangmangegko ket "uray siak diak kayat kagrupoy dayta, awan ammona". Siempre nasakit kanyak didiay, kasla nakla naibabain. Ken ti permi problemak idi ket diak makaradwar no awan researchko. Mga 1 weekko pinanpanunot kada inibibitan didiay, kasi panpanunotek a baka kagura kada ungtandak da mamangko. Isu kapapanunotko iti madi, nagpakamatayak.”

(I had completely lost confidence in myself back then, and I constantly received hurtful words from other people. Let's just say I wasn't that good, maybe there were some things I was good at, but there were also things I really struggled to understand. I'm an only child, and as an only child, I just wanted my mother to be proud of me. So even though I had many weaknesses and couldn't always keep up in school, I still tried my best. But what really hurt me the most were the words that came from other people. Sometimes, I would hear people behind my back saying, "Her parents are so unlucky, they only have one child, and she's dumb." I received many other painful comments like that. I was in Grade 12 at that time a graduating student. And as you know, in Grade 12 we have research projects that require group work. I helped with our research, but I'll admit, sometimes my contributions were wrong or didn't fit because I couldn't fully follow how to do things. One day, we were about to have our research paper checked, but when I looked, my name was no longer on the paper they were going to submit. I asked our group leader why, and she said, "You contributed, but everything you did was wrong." I felt so humiliated. Then, when we got back to our classroom, it seemed like everyone already knew I was removed from our group. I overheard some classmates saying, "Even I wouldn't want to be in a group with her she doesn't know anything." Of course, that really hurt me. I felt so embarrassed. The biggest problem I had then was that I

wouldn't be able to graduate without a research project. I spent about a week crying and thinking about it, I'm afraid that my mother would be disappointed or angry with me. Because of all those negative thoughts, I ended up taking my own life.)

After emphasizing the factors that influenced him to commit suicide, we asked him the method he used in committing it and he told us that:

“Nagtumarak iti adu nga agas, bigla biglak lang napanunotan idi kasi diak ammo ubrakon, kasla madandanaganak a diak makaraduar ken mapanpanunotko dagiti mabalin mapasamak. Awan preparasyonko unay kasi adu iti tambak nga agas diay balaymi.”

(I took a lot of medicine it was a sudden decision because I didn't know what else to do. I felt so anxious, thinking I might not graduate, and I kept imagining all the possible things that could happen. I didn't really prepare for it since there were already plenty of medicines at home.)

Following the method he used to commit suicide, we asked him the circumstances that led his suicide attempt to fail and he said that:

“Simrek ni lolangko diay uneg iti kwartok ta umaynak kuma ayaban a mangan, isu nakitana nga aglablabotab toy ngiwatko ket dagus nagikkis ken pinukawanda mama. Isu dagusdak naitaray diay hospital. Disappointed idi damdamu nga apay naisalakanak pay laeng pero idi bumayagen ket mawawatko met langen nga adda pay la siguro purpose ko nga agbiag.”

(My grandmother came into my room to call me for dinner, but she found me with foam coming out of my mouth. She immediately screamed and called my mother. They quickly rushed me to the hospital. At first, I felt disappointed that I was still saved, but as time passed, I realized that maybe there was a reason why I was still alive.)

After the circumstances that led his suicide attempt to fail was identified, we asked him to remark his realization after the suicide attempt:

“Narealizeko a saan basta-basta agdesdesisyon lalo no about pinagpakamatay kasi saantayo maibabawi dayta no malpasen. Adda met nagbaliwan iti panagbiagko idi, nagtransferak ti iskwela. Ket idia mas naging mayat iti relasyonko iti classmatesko ket nakagraduarak met laeng. Intuloyko latta nagbasa inggana nakaraduarak college. Ti lang makunak ket saan mo unay dibdibiben ti ibagbaga dagiti sabali, dika agpapaatiw, kumararagka ta ni Apo iti makatulong kenka. Tulongam iti bagim, magiging successfulka din one day, kitam kanyak ne, duldogak a kunada ngem nakaraduarak met ken adda pagubraakon a nasayaat.”

(I realized that we should never make decisions hastily, especially when it comes to taking our own life, because once it happens, there's no turning back. Some things also changed in my life after that I transferred to another school. There, I had a better relationship with my classmates, and I was able to graduate. I continued studying until I finished college. What I can say is this: don't take other people's words too deeply. Don't lose hope. Pray, because only God can truly help you. Help yourself too, one day, you will succeed. Look at me, people used to call me “stupid,” but I still graduated, and now I have a good job.)

The Factors that Influenced the Participants to Commit Suicide.

The factors that influenced the participants to commit suicide include family-relational problems, sibling-based inferiority, intellectual inferiority, and intimate relationship problems.

These experiences collectively resulted in profound emotional exhaustion and a pervasive sense of hopelessness due to being persistently belittled by family members, publicly humiliated by peers, or

overwhelmed by expectations they perceived as unattainable. Others described enduring comparisons with siblings or peers, particularly in terms of intelligence and capability which intensifies their feeling of worthlessness and social isolation. Some participants experienced heightened psychological distress within their romantic relationships, as exposure to threats, persistent conflict, and partner rejection undermined emotional security and intensified feelings of loneliness, abandonment, and hopelessness. Over time, the cumulative psychological strain became overwhelming, ultimately driving them towards the commission of suicide.

The findings of this study strongly support the Interpersonal Theory of Suicide, particularly the concepts of perceived burdensomeness and thwarted belongingness (Joiner, 2005). Prolonged experiences of oppression, rejection, and invalidation contributed to participants' feelings of being unwanted, inferior, and disconnected from meaningful social relationships. Similarly, the Hopelessness Theory of Suicide explains that repeated exposure to uncontrollable negative experiences leads individuals to perceive their situation as permanent and unchangeable (Ribeiro & Joiner, 2009). The participants' long-term exposure to relational conflict, discrimination, and emotional neglect fostered a deep sense of hopelessness that influenced their decision to attempt suicide.

These findings also align with General Strain Theory, which posits that accumulated stressors such as interpersonal conflict, academic pressure, and social rejection can result in maladaptive coping behaviors, including self-harm. The participants' experiences reflect chronic strain that exceeded their coping capacity, ultimately leading to emotional breakdown.

Previous research suggests that issues like family disagreements, academic stress, social discrimination, and lack of support networks greatly increase the likelihood of developing suicidal thoughts (Ohlan, 2022).

This study further emphasizes that discrimination functions as a form of psychological trauma that significantly increases emotional distress and suicidal thoughts (Alonso, 2024). Previous studies highlight that excessive pressure and invalidating environments contribute to anxiety, depression, and suicidal behavior. Moreover, social marginalization and weakened support systems significantly elevate suicide risk, particularly among individuals exposed to long-term stress (Mortier, 2018).

The Methods Used by the Participants to Commit Suicide.

The methods used by the participants to commit suicide include self-asphyxiation, chemical ingestion, and self-inflicted injury using sharp objects.

The participants utilized methods that were largely impulsive and easily accessible, although some attempts involved minimal planning. The most common techniques reported were chemical ingestion, cutting, and hanging. Most decisions were made rapidly during moments of intense emotional distress, often using items readily available within the home, such as dishwashing liquid, pesticide, sleeping pills, or sharp objects. A few participants described limited premeditation, such as practicing knots or intentionally acquiring medication; however, even these actions did not involve extensive planning.

This pattern supports the claim that heightened emotional distress can trigger sudden, high-risk behavior. Such findings align with the acquired capability component of the Interpersonal Theory of Suicide (Joiner, 2005), which explains that repeated exposure to emotional pain and distress may reduce fear of death and increase tolerance for physical harm, thereby increasing readiness for self-harm. The impulsive nature of many attempts also aligns with General Strain Theory (Agnew, 1992), which emphasizes that acute strain often results in immediate and poorly planned coping responses.

Global reports further support this finding. The World Health Organization notes that suicide methods are frequently selected based on availability and immediacy, particularly during emotional crises (WHO, 2025). Studies have also shown that maladaptive coping strategies and emotional dysregulation significantly increase impulsive suicide attempts among individuals experiencing high stress (Okechukwu et al.). Similarly, research indicates that elevated stress levels combined with low emotional regulation increase the likelihood of impulsive self-harm behaviors (Stark et al., 2021).

The Circumstances that Led to the Failure of the Suicide Attempts.

The circumstances that led to the failure of the participants' suicide attempts include timely intervention and turn of mind.

In most cases, participants were discovered by their parent, sibling, cousin, or neighbor at a critical moment, prompting immediate rescue efforts such as being rushed to the hospital, having a rope cut, or having harmful substances removed. Others recounted unexpected interruptions like a family member arriving earlier than usual or a passerby noticing unusual behavior that disrupted the attempt. Some of the participants was saved by early intervention while others realized that their family will suffer pain if they continue to end their lives.

These outcomes highlight the critical role of social presence and connectedness as protective factors. This finding aligns with the Interpersonal Theory of Suicide, which suggests that even brief or unexpected experiences of belongingness and connection can reduce the likelihood of a fatal outcome (Joiner, 2005). The recovery patterns observed in this study also correspond with resilience literature, which emphasizes that strong support systems mitigate the effects of trauma and suicidal ideation (Chen et al., 2022).

Previous studies reinforce these conclusions. Zhang et al. (2021) emphasized that social support significantly reduces suicide risk and can interrupt suicide attempts. Stark et al. (2021) and Ayoobi et al. (2024) similarly found that emotional connection and perceived social support serve as strong protective factors against suicide completion. Additionally, Chen et al. (2021) highlighted the combined role of emotional regulation and interpersonal support in preventing fatal outcomes following suicide attempts.

The Realizations of the Participants After the Suicide Experience.

The realizations of the participants following their suicide experience include faith in self-redemption, recognition of personal autonomy, and deeper relationship insight.

After surviving their suicide attempts, participants described significant personal realizations centered on valuing life, seeking support, and cultivating hope. Many expressed gratitude for having survived and acknowledged that suicide was not a solution to their problems. As a result, they became more open to relying on family members, faith, or guidance from others. Several participants also reported a renewed commitment to self-improvement by focusing on education, work, emotional regulation, and the development of healthier coping strategies.

These realizations reflect a psychological transformation oriented toward growth, meaning, and self-understanding. Such transformation aligns with Self-Actualization Theory (Rogers, 1961), which emphasizes personal growth, self-acceptance, and the pursuit of purpose following adversity. The participants' movement toward resilience and adaptive coping also resonates with findings in the Review of Related Literature, which indicate that resilience serves as a protective buffer against the negative effects of maltreatment and psychological distress (Wang & Shi, 2023).

Moreover, the participants' emphasis on family support, guidance, and structured intervention is consistent with national mental health frameworks, particularly Republic Act No. 11036 (Mental Health

Act) and school-based mental health support models discussed in the literature (Hernandez, 2022). These frameworks highlight the importance of accessible psychosocial support systems in fostering recovery and preventing recurrence.

Consistent with earlier empirical studies, suicide survivors often report increased self-awareness, strengthened interpersonal relationships, and a renewed sense of purpose following survival (Lopiga, 2021). These post-attempt realizations play a critical role in reducing the likelihood of future suicide attempts and promoting long-term psychological recovery.

Video Presentation

“The Path of Hope: Stories of the Oppressed Suicide Survivors”

Rationale

Oppression continues to pose serious challenges to individual well-being particularly among those who experience prolonged distress, social isolation, and relational conflict. These difficulties are often intensified by stigma, lack of understanding, and limited access to mental health support, causing many individuals to suffer in silence. Such conditions not only affect personal functioning but also strain families, schools, and communities, increasing vulnerability to crisis situations.

In light of these concerns, the video presentation entitled “The Path of Hope: Stories of the Oppressed Suicide Survivors” is proposed to give voice to survivors and shed light on their lived experiences. Through real narratives of struggle, survival, and recovery, the presentation aims to promote awareness, foster empathy, and encourage a collective commitment to understanding, supporting, and protecting individuals facing emotional and psychological distress.

Objectives

This video presentation, entitled "The Path of Hope: Stories of the Oppressed Suicide Survivors, aims to raise awareness about the lived experiences of suicide survivors and the oppression and social challenges they have endured. By sharing real stories of survival, resilience, and healing, the presentation seeks to foster understanding and empathy while addressing the stigma associated with suicide and mental health concerns. Through increased awareness and open dialogue, it encourages individuals to seek help and support, and motivates families, schools, and institutions to create compassionate, supportive environments where communication, understanding, and care are prioritized. Ultimately, this initiative aspires to inspire collective responsibility in promoting mental well-being and hope within the community.

Strategy

The strategies of the video presentation entitled “The Path of Hope: Stories of Oppressed Suicide Survivors” will be implemented through social media platforms and other online channels to reach a broader audience. Presented in a documentary-style format, the video will feature real-life reflections of survivors who have transformed their pain into purpose, highlighting narratives of resilience, recovery, and hope. Coordination with some Barangays and mental health professionals will be ensured to promote ethical, sensitive, and responsible representation, with strict measures in place to protect the anonymity and confidentiality of all participants. Through these strategies, the video aims to raise awareness, promote understanding of mental health challenges, and inspire compassion, support, and collective responsibility within the community. The completed video will be disseminated online through official facebook page of barangays and school to reach a wider audience and inspire advocacy for mental health awareness.

5. SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

This chapter presents the summary, conclusions, and recommendations of the study. It summarizes the key findings derived from the data gathered and analyzed, establishes conclusions based on the narrative results, and offers recommendations that may contribute to the development of effective mental health and social support initiatives.

Summary of the Findings

The study found that participants were influenced by family-related problems, sibling-based inferiority, intellectual inferiority, and intimate relationship problems.

Participants primarily used methods that were impulsive and easily accessible such as chemical ingestion, self-asphyxiation, and self-inflicted edge. Most suicide attempts occurred during moments of intense emotional distress, with minimal planning, often using items readily available at home.

The failure of suicide attempts was mainly due to timely intervention by family members, neighbors, or unexpected interruptions or turn of mind.

Participants demonstrated their realization after surviving the suicide such as faith in self-redemption, recognition of personal autonomy, and deeper relationship insight.

Conclusions

This study indicates that oppressed suicide survivors were shaped by a range of emotional, social, and relational difficulties that affected their overall well-being. These experiences played a crucial role in their vulnerability to suicidal behavior and influenced their process of recovery after survival. Despite these challenges, the survivors demonstrated resilience and the capacity to move forward. However, continued understanding and support from families, institutions, and communities remain essential in helping individuals overcome similar struggles and rebuild hope.

Recommendations

From the above-mentioned findings and conclusions, the following are hereby recommended:

1. The Higher Education Institutions and Schools may strengthen campus-based mental health programs that address emotional distress, interpersonal difficulties, and academic-related challenges. These initiatives may include stress management workshops, peer-support systems, and accessible counseling services to help prevent psychological crises among students. Guidance counselors, psychologists, and mental health practitioners may provide timely, confidential, and survivor-centered interventions for individuals experiencing emotional and psychological distress. Continuous monitoring and follow-up services are recommended to support recovery and reduce the risk of repeated suicide attempts.

2. The Families and parents may foster open communication, emotional validation, and understanding within the household. Parenting seminars and family-oriented mental health education programs may help reduce emotional neglect, conflict, and harmful comparisons that contribute to psychological vulnerability.

3. The Local government units and community organizations may implement community-based mental health awareness programs to reduce stigma associated with suicide and emotional distress. These programs may include educational campaigns, support groups, and dialogue sessions aimed at promoting empathy, early help-seeking, and collective responsibility for mental well-being. Relevant government agencies and mental health institutions, in collaboration with educational and community sectors, may develop policies and support mechanisms that ensure accessible and sustainable

mental health services. Training programs on mental health first aid, crisis response, and referral systems are recommended to improve early intervention and support.

4. The Future researchers are encouraged to further examine the lived experiences of suicide survivors using diverse populations and settings. In addition, the researchers highly recommend the development and adaptation of advocacy materials, such as a video presentation, to raise awareness, educate the public, and inspire compassion, understanding, and hope among individuals facing similar struggles.

5. The researchers recommend a video presentation titled “The Path of Hope: Stories of the Oppressed Suicide Survivors” in collaboration with some barangays in different municipalities of Ilocos Norte. The advocacy video aims to shed light on the realities faced by oppressed survivors and promote understanding, compassion, and mental health awareness within the community. Through the support of these barangay, the presentation will be disseminated online, inspiring others to choose hope and seek help in times of despair.

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**APPENDIX “A”
INTERVIEW GUIDE**

INTERVIEW GUIDE

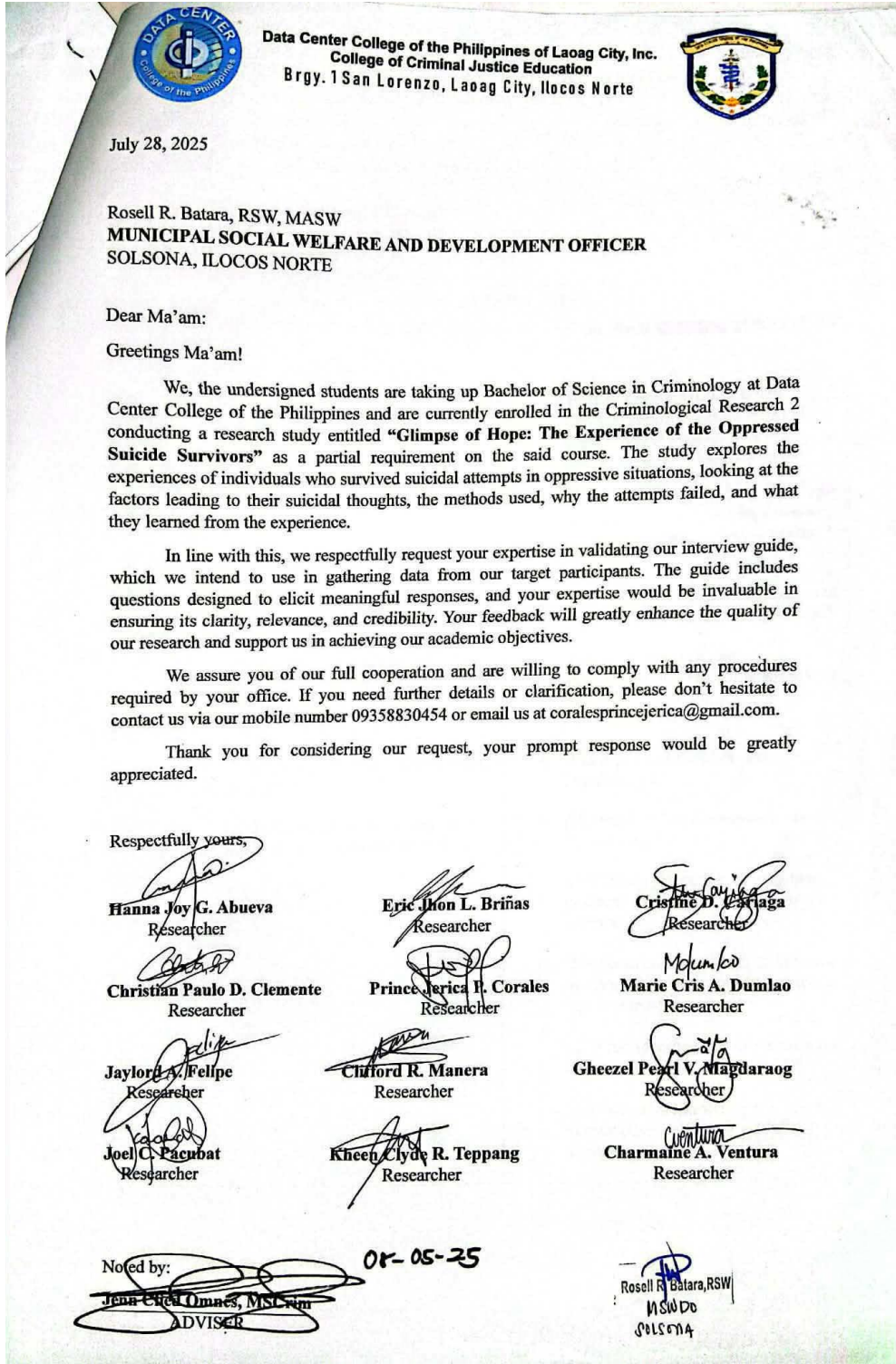
“GLIMPSE OF HOPE: THE EXPERIENCES OF OPPRESSED SUICIDE SURVIVORS”

MAIN QUESTIONS	FOLLOW-UP QUESTIONS
<p>1. What influenced you to commit suicide?</p> <p><i>(Ania iti gapo na nu apay nga pinadas mo iti nagpakamatay?)</i></p>	<p>1. Can you describe specific events or experiences of oppression that encouraged you to commit suicide?</p> <p><i>(Mabalin mo kadi ibaga nu ana dagiti naeksperiensiam wenno napasamak nga nangpatungpal kenka deta nga aramid?)</i></p> <p>2. How long have you been experiencing oppression before attempting suicide?</p> <p><i>(Kasano kabayagen nga mapaspasaram iti mairurumen sakbay nga inaramid mo iti panagpakamatay?)</i></p>
<p>2. What method did you use to commit suicide?</p> <p><i>(Ania nga wagas wenno banag iti inusar mo nga nagpakamatay?)</i></p>	<p>1. Was it planned ahead or done impulsively?</p> <p><i>(Daytoy kadi ket plinanom wenno biglaan lang?)</i></p> <p>a.1 If it was planned, how long have you been thinking about it before the attempt?</p> <p><i>(Nu planado, kasano kadi iti kabayag nga nag panpanunutam dayta sakbay nga inaramid mo?)</i></p> <p>a.2 What specific steps or preparations did you make to commit suicide?</p> <p><i>(Ania dagiti preparasyon nga inaramid mo sakbay ka nagpakamatay?)</i></p>

	<p>a.3 Did you leave messages, letters or clues before hand?</p> <p><i>(Adda kadi mensahe, surat wenno pakailasinan nga inbatim idi, sakbay nga inaramid mo?)</i></p> <p>b.1 If it was done impulsively, what specific steps did you make to commit suicide?</p> <p><i>(Nu daytoy ket biglaan nga pasamak, ania dagiti inaramid mo sakbay ka nagpakamatay?)</i></p>
<p>3. What cause your suicide attempt to fail?</p> <p><i>(Ania dagiti banag wenno rason nu apay haan nga natuloy wenno apay haan nga napasamak bayat iti inka pinagpakamatay?)</i></p>	<p>1. After the moment you realized that your suicide attempt had failed, were you relieved or disappointed?</p> <p><i>(Kalpasan nga di natuloy ti inka pinagpakamatay, nabang-aran wenno nadismaya ka kadi?)</i></p>
<p>4. What did you realize after the suicide experience?</p> <p><i>(Ania dagiti banag nga naamiris mo idi kalpasanna nga pinadas mo nagpakamatay?)</i></p>	<p>1. How did surviving the attempt change your perspective in life?</p> <p><i>(Kasano iti biag mo kalpasan iti pasamak? Nagbaliw kadi iti panagkitam iti biag?)</i></p> <p>2. What message would you give to someone who is currently experiencing similar thoughts?</p> <p><i>(Ania iti maibagam kadagiti agdama nga makapanpanunot iti panagpakamatay?)</i></p>

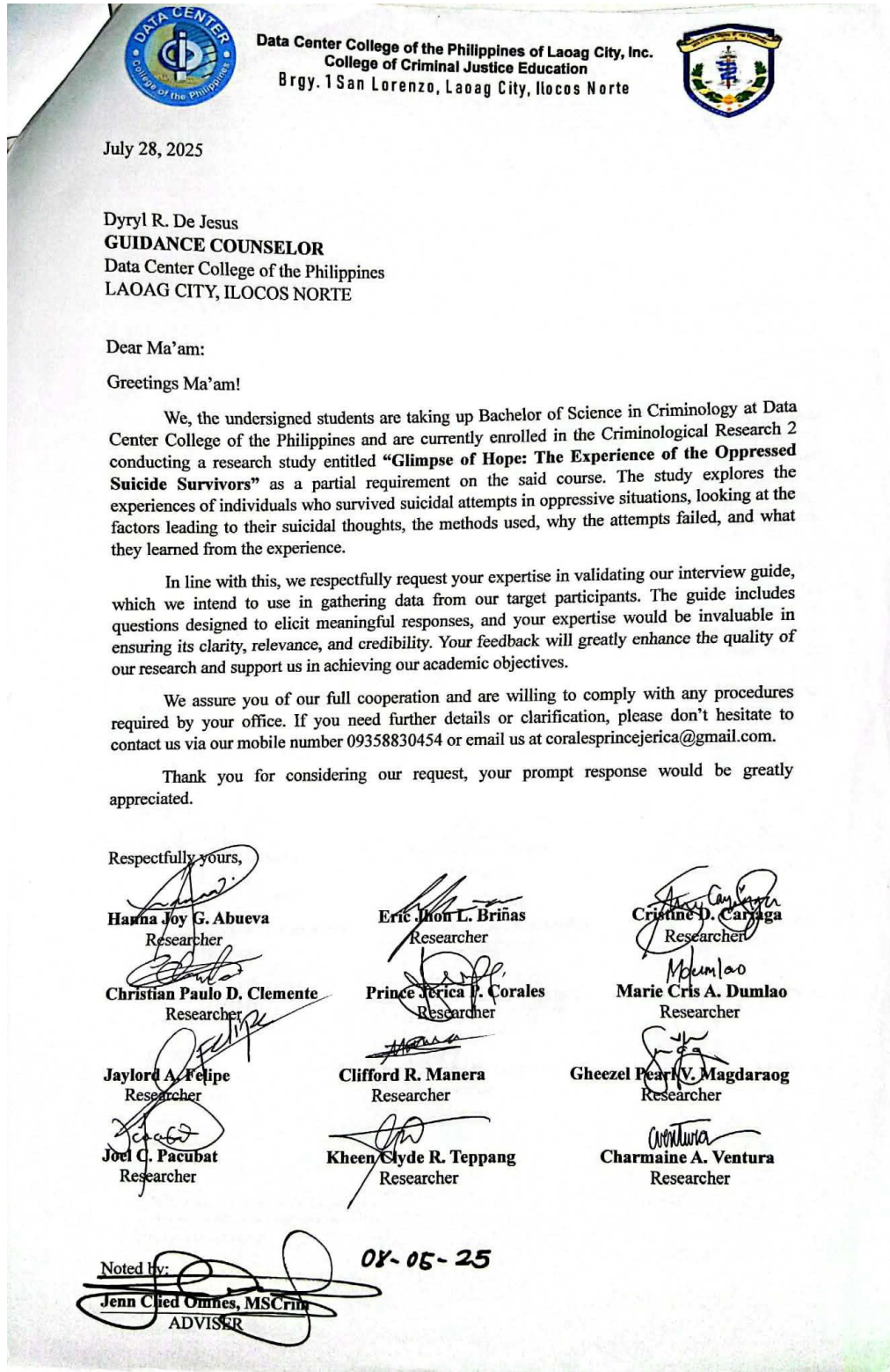
APPENDIX “B”

LETTER TO VALIDATE INTERVIEW GUIDE (DSWD)

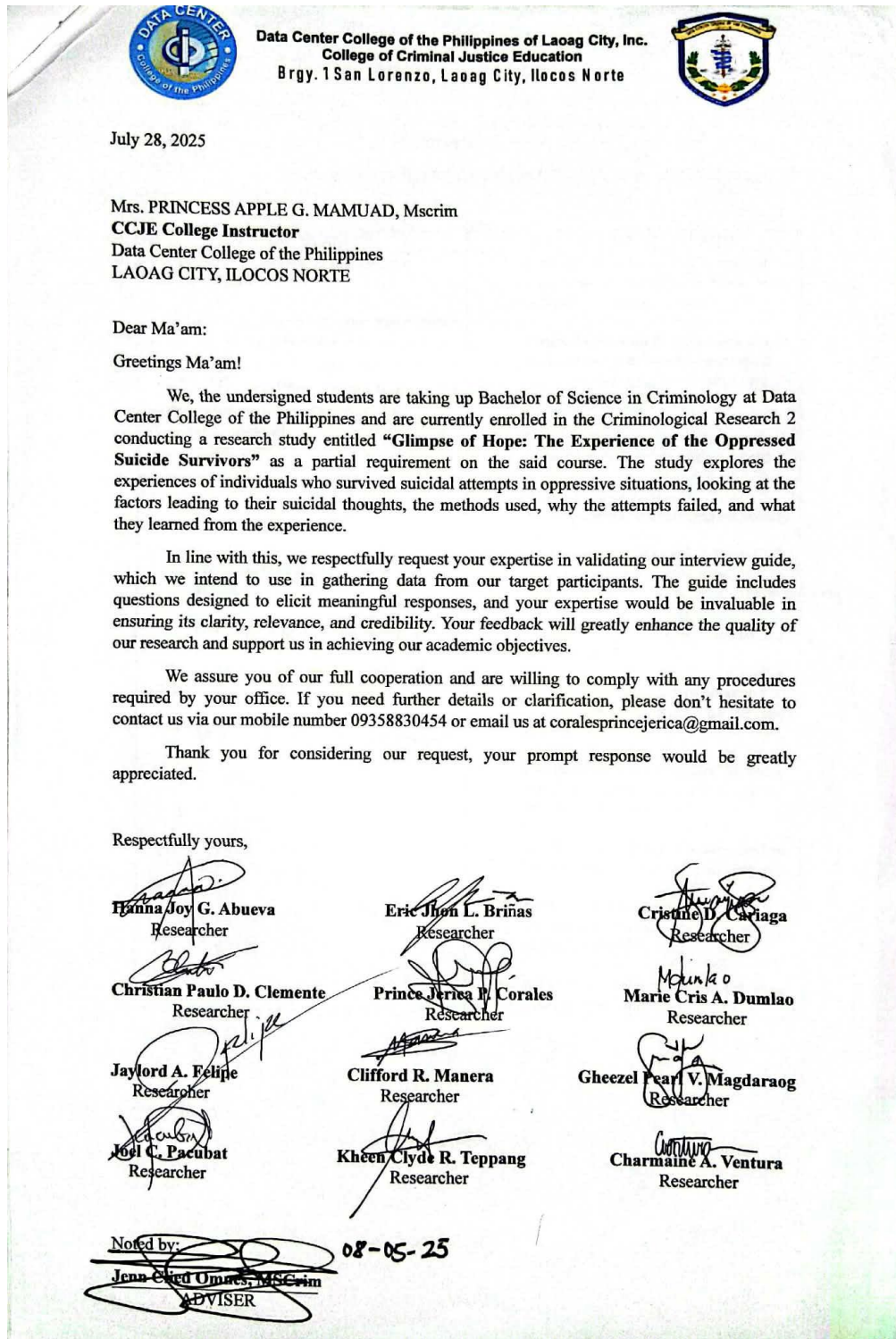


APPENDIX “C”

LETTER TO VALIDATE INTERVIEW GUIDE (SCHOOL GUIDANCE)

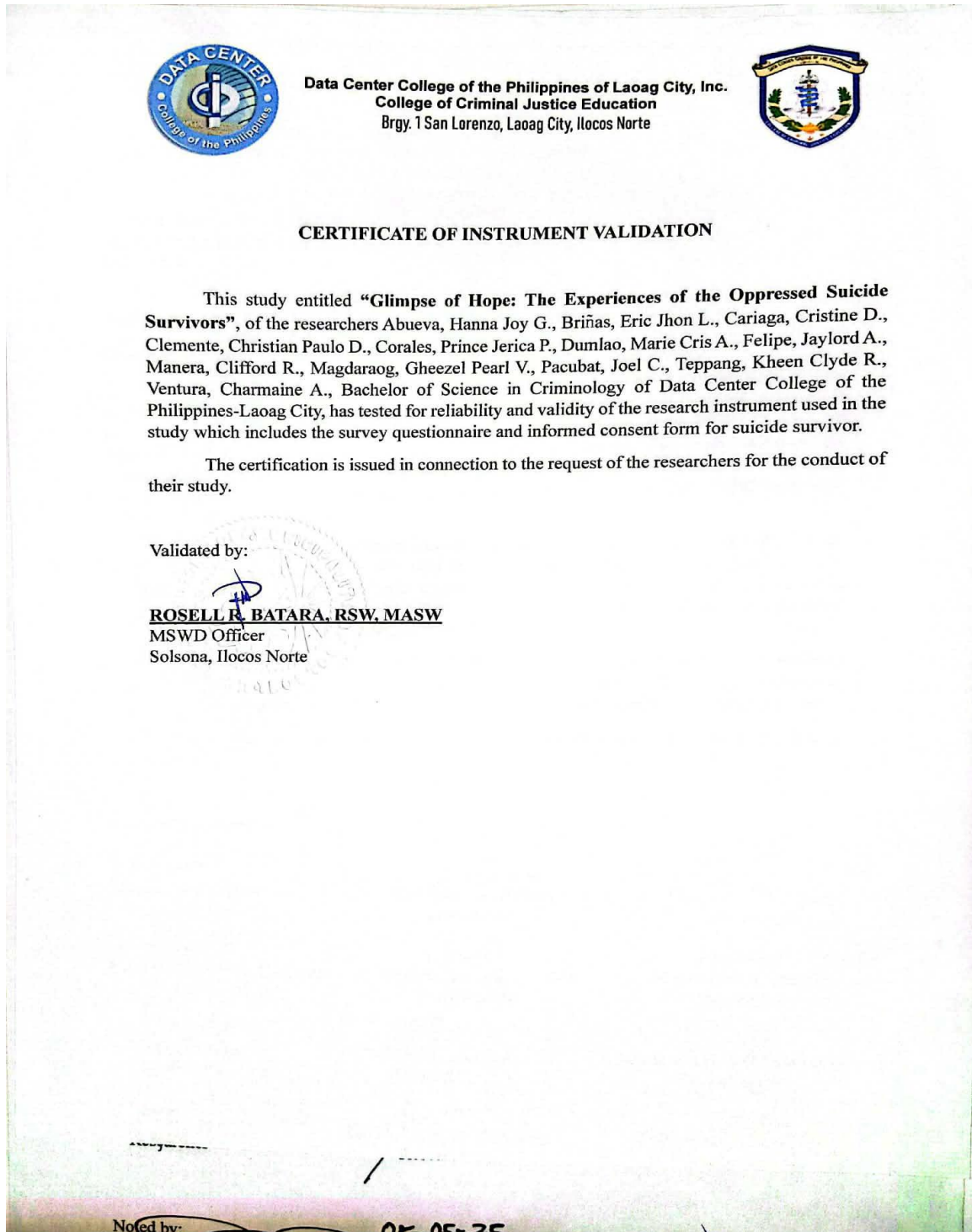



**APPENDIX “D”
LETTER TO VALIDATE INTERVIEW GUIDE
(CRIMINOLOGY INSTRUCTOR)**




APPENDIX “E”

CERTIFICATE OF INSTRUMENT VALIDATION (DSWD)



 **Data Center College of the Philippines of Laoag City, Inc.**
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte




CERTIFICATE OF INSTRUMENT VALIDATION

This study entitled **“Glimpse of Hope: The Experiences of the Oppressed Suicide Survivors”**, of the researchers Abueva, Hanna Joy G., Briñas, Eric Jhon L., Cariaga, Cristine D., Clemente, Christian Paulo D., Corales, Prince Jerica P., Dumlao, Marie Cris A., Felipe, Jaylord A., Manera, Clifford R., Magdaraog, Gheezel Pearl V., Pacubat, Joel C., Teppang, Kheen Clyde R., Ventura, Charmaine A., Bachelor of Science in Criminology of Data Center College of the Philippines-Laoag City, has tested for reliability and validity of the research instrument used in the study which includes the survey questionnaire and informed consent form for suicide survivor.

The certification is issued in connection to the request of the researchers for the conduct of their study.

Validated by:


ROSELL R. BATARA, RSW, MASW
MSWD Officer
Solsona, Ilocos Norte

Noted by: _____
05-05-25

APPENDIX “F”

CERTIFICATE OF INSTRUMENT VALIDATION (COUNSELOR)



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



CERTIFICATE OF INSTRUMENT VALIDATION

This study entitled “**Glimpse of Hope: The Experiences of the Oppressed Suicide Survivors**”, of the researchers Abueva, Hanna Joy G., Briñas, Eric Jhon L., Cariaga, Cristine D., Clemente, Christian Paulo D., Corales, Prince Jerica P., Dumlao, Marie Cris A., Felipe, Jaylord A., Manera, Clifford R., Magdaraog, Gheezel Pearl V., Pacubat, Joel C., Teppang, Kheen Clyde R., Ventura, Charmaine A., Bachelor of Science in Criminology of Data Center College of the Philippines-Laoag City, has tested for reliability and validity of the research instrument used in the study which includes the survey questionnaire, validation tool, informed consent form, and the survey questionnaire with interview guide for suicide survivor.

The certification is issued in connection to the request of the researchers for the conduct of their study.

Validated by:

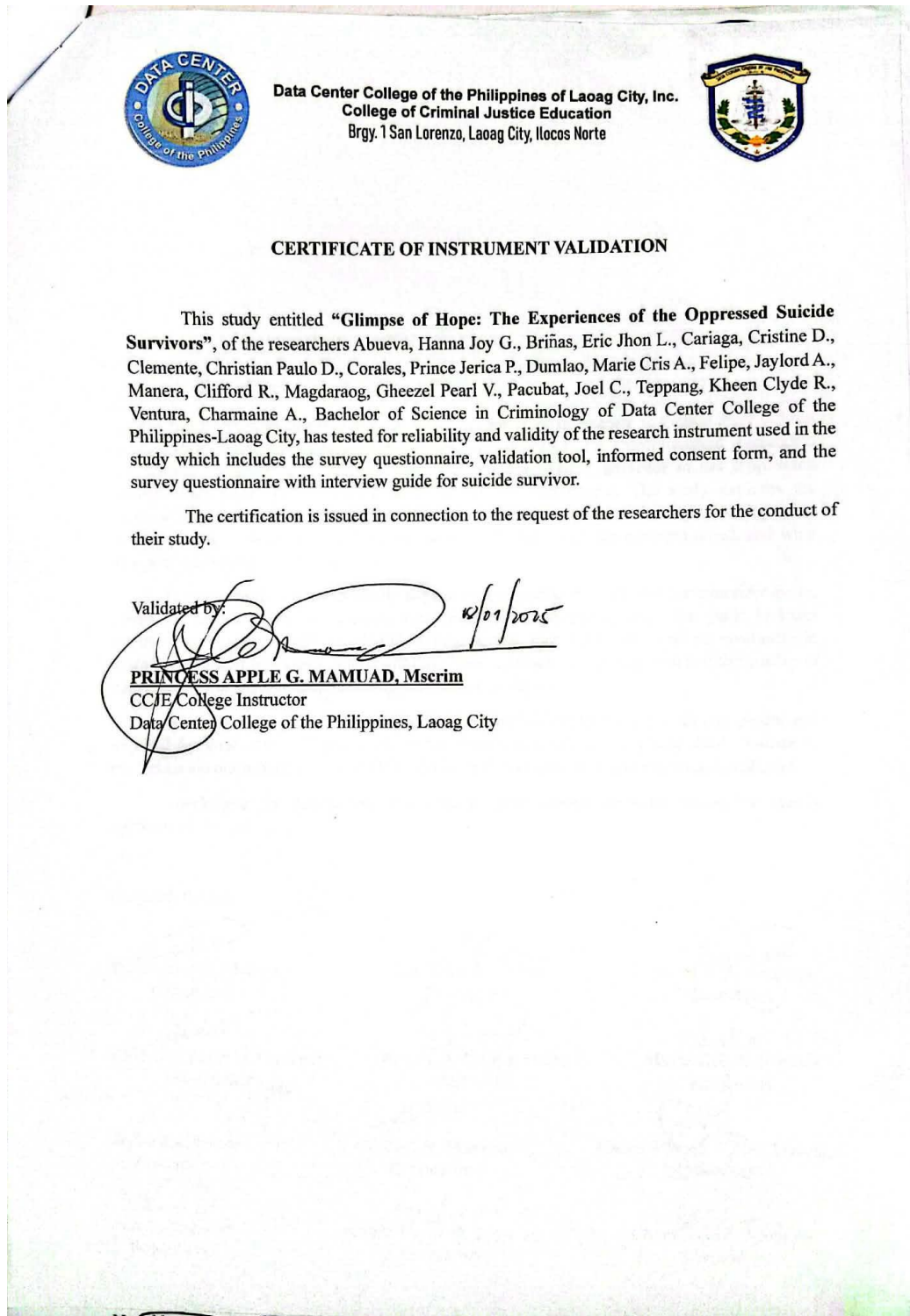

DYRYL R. DE JESUS

Guidance Counselor

Data Center College of the Philippines, Laoag City

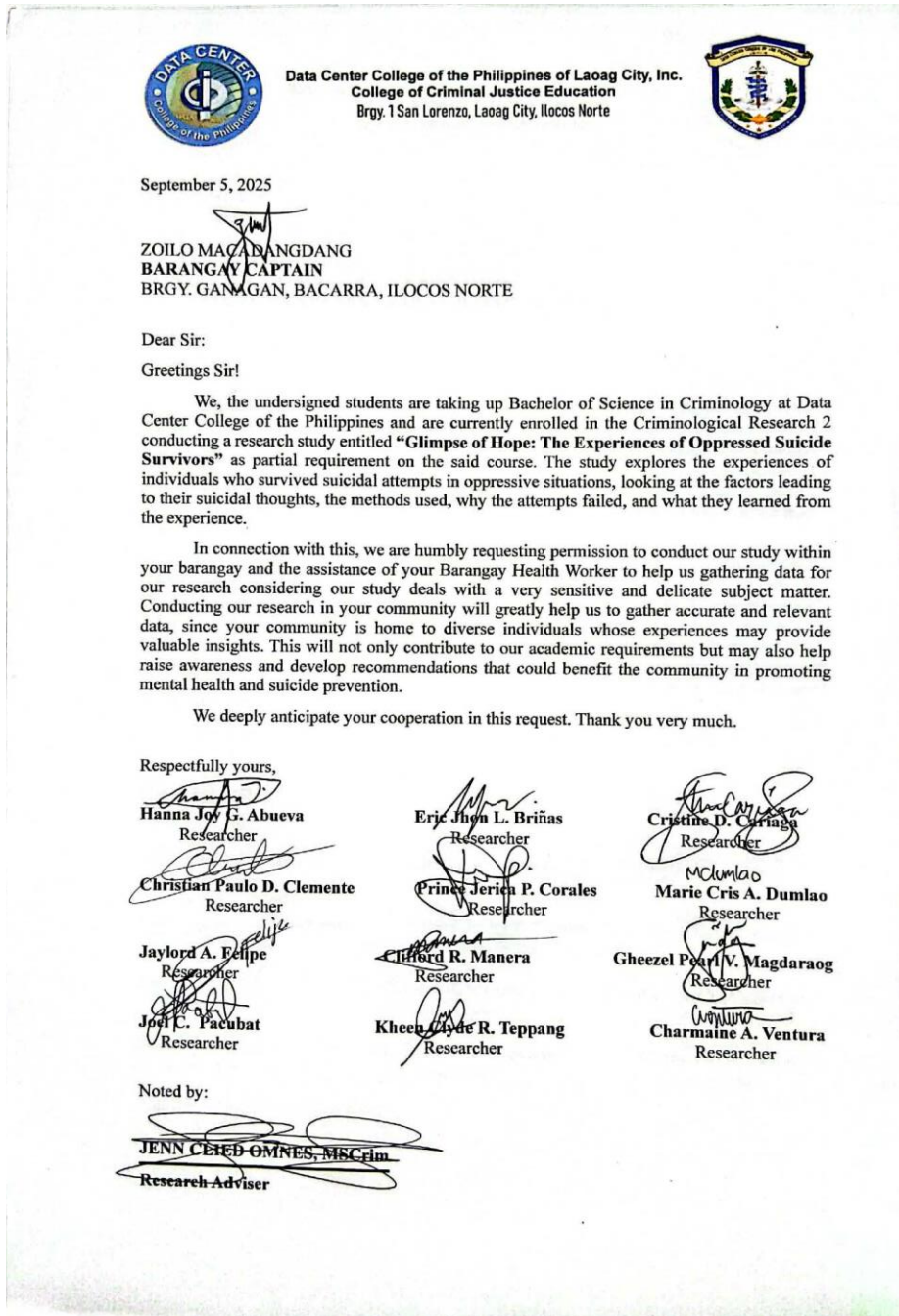
APPENDIX “G”

**CERTIFICATE OF INSTRUMENT VALIDATION
(CRIMINOLOGY INSTRUCTOR)**



APPENDIX “H”

LETTER TO CONDUCT INTERVIEW





Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



October 28, 2025

FEDERICO VENTURA
BARANGAY CAPTAIN
BRGY. DARIWDIW, BATAK CITY, ILOCOS NORTE

Dear Sir:

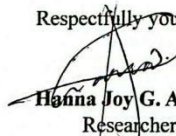
Greetings Sir!

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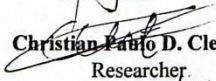
We deeply anticipate your cooperation in this request. Thank you very much.

Respectfully yours,

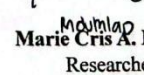

Hanna Joy G. Abueva
Researcher

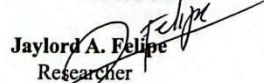

Eric Jhon L. Briñas
Researcher



Cristine D. Cariaga
Researcher


Christian Paulo D. Clemente
Researcher

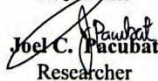

Prince Jerica P. Corales
Researcher

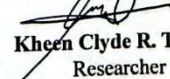

Marie Cris A. Dumlaog
Researcher



Jaylord A. Felipe
Researcher


Clifford R. Manera
Researcher


Gheezel Pearl V. Magdaraog
Researcher



Joel C. Pacubát
Researcher


Kheer Clyde R. Teppang
Researcher


Charmaine A. Ventura
Researcher

Noted by:

JENN CLIED OMNES, MSCrim
Research Adviser


FEDERICO P. VENTURA
p. 13



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



September 5, 2025


EMERSON J. AQUINO
BARANGAY CAPTAIN
BRGY. MEDINA, DINGRAS, ILOCOS NORTE

Dear Sir:


Greetings Sir!


We, the undersigned students are taking up Bachelor of Science in Criminology at Data Center College of the Philippines and are currently enrolled in the Criminological Research 2 conducting a research study entitled “**Glimpse of Hope: The Experiences of Oppressed Suicide Survivors**” as partial requirement on the said course. The study explores the experiences of individuals who survived suicidal attempts in oppressive situations, looking at the factors leading to their suicidal thoughts, the methods used, why the attempts failed, and what they learned from the experience.

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We deeply anticipate your cooperation in this request. Thank you very much.

Respectfully yours,

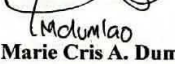

Hanna Joy G. Abueva
Researcher

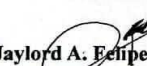

Eric Dion L. Briñas
Researcher

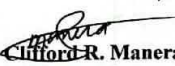

Cristine D. Canaga
Researcher


Christian Paulo D. Clemente
Researcher

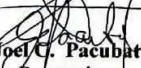

Prince Jerica P. Corales
Researcher


Marie Cris A. Dumlao
Researcher

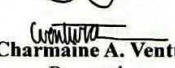

Jaylord A. Felipe
Researcher


Clifford R. Manera
Researcher


Ghezel Pearl Magdaraog
Researcher


Joel C. Pacubat
Researcher


Kheer Clyde R. Teppang
Researcher


Charmaine A. Ventura
Researcher

Noted by:


JENN CLEID OMNES, MSCrim
Research Adviser



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



September 5, 2025


MICHAEL S. AURELIO
BARANGAY CAPTAIN
BRGY. ELIZABETH, MARCOS, ILOCOS NORTE

Dear Sir:

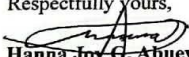
Greetings Sir!

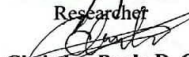
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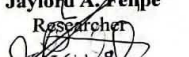
We deeply anticipate your cooperation in this request. Thank you very much.


Respectfully yours,

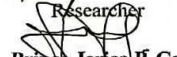

Hanna Joy C. Abueva
Researcher

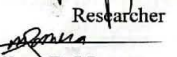

Christian Paulo D. Clemente
Researcher

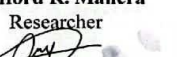

Jaylord A. Felipe
Researcher

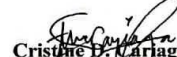

Joel C. Pacubat
Researcher

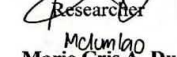

Eric Ohon L. Briñas
Researcher



Prince Jerica P. Corales
Researcher

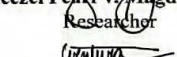

Clifford R. Manera
Researcher


Kheer Clyde R. Teppang
Researcher


Cristine F. Mariaga
Researcher


Marie Cris A. Dumlao
Researcher


Gheezel Pearl V. Magdaraog
Researcher


Charmaine A. Ventura
Researcher

Noted by:



JENN CLIEO OMNES, MSCrim.
Research Adviser



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



September 5, 2025


ELREY LIMBAOAN
BARANGAY CAPTAIN
BRGY. ESCODA, MARCOS, ILOCOS NORTE

Dear Sir:

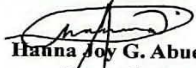
Greetings Sir!

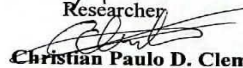
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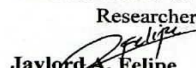
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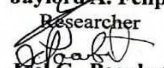
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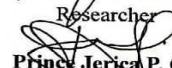

Hanna Joy G. Abueva
Researcher

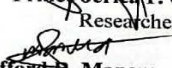

Christian Paulo D. Clemente
Researcher

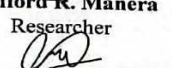

Jaylord A. Felipe
Researcher



Joel C. Pacubat
Researcher

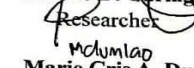

Eric John L. Briñas
Researcher

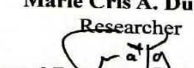

Prince Jerica P. Corales
Researcher


Clifford R. Manera
Researcher


Kheen Clyde R. Teppang
Researcher



Cristine D. Cariaga
Researcher


Marie Cris A. Dumlap
Researcher


Gheeze Pearl V. Magdaraog
Researcher


Charmaine A. Ventura
Researcher

Noted by:


JENN CLIEO OMNES, MSCrim
Research Adviser



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



September 5, 2025

Jummy
REYNALDO R. IOMBOY
BARANGAY CAPTAIN
BRGY. MANALPAC, SOLSONA, ILOCOS NORTE

Dear Sir :

Greetings Sir!

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Respectfully yours,

Hanna Joy G. Abueva
Hanna Joy G. Abueva
Researcher

Christian Paulo D. Clemente
Christian Paulo D. Clemente
Researcher

Jaylord A. Felipe
Jaylord A. Felipe
Researcher

Joni C. Pacubat
Joni C. Pacubat
Researcher

Eric Alton L. Briñas
Eric Alton L. Briñas
Researcher

Prince Jessica P. Corales
Prince Jessica P. Corales
Researcher

Clifford R. Manera
Clifford R. Manera
Researcher

Kheer Clyde R. Teppang
Kheer Clyde R. Teppang
Researcher

Cristine D. Carriaga
Cristine D. Carriaga
Researcher

Marie Cris A. Dumlaog
Marie Cris A. Dumlaog
Researcher

Gheezel Pearl V. Magdaraog
Gheezel Pearl V. Magdaraog
Researcher

Charmaine A. Ventura
Charmaine A. Ventura
Researcher

Noted by:


JENN CLIED OMNES, MSc
JENN CLIED OMNES, MSc
Research Adviser



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



October 28, 2025


TRULLY PASAMONTE
BARANGAY CAPTAIN
BRGY. STA. ASUNCION, SAN NICOLAS, ILOCOS NORTE

Dear Sir:

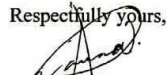
Greetings Sir!

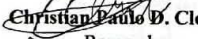
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Hanna Joy G. Abueva
Researcher

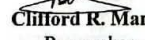

Christian Paulo D. Clemente
Researcher

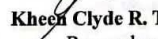

Jaylord A. Felipe
Researcher



Joel C. Pacubat
Researcher

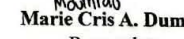

Eric Jhon L. Briñas
Researcher


Prince Jerica P. Corales
Researcher

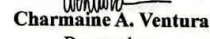

Clifford R. Manera
Researcher


Kheen Clyde R. Teppang
Researcher


Cristine D. Cariaga
Researcher


Marie Cris A. Dumlao
Researcher


Gheezel Pearl V. Magdaraog
Researcher


Charmaine A. Ventura
Researcher

Noted by:


JENN CHED OMNES, MSCrim
Research Adviser

APPENDIX “I”
INFORMED CONSENT FORM



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



CONSENT FORM

I willingly agree to take part in the research study entitled “**Glimpse of Hope: Experiences of Oppressed Suicide Survivors**”. I understand that my participation is voluntary, and I am free to withdraw from the study at any point without facing any consequences.

The purpose and procedures of this study have been clearly explained to me by the researcher, who has answered all of my questions to my satisfaction. I agree to participate in interviews and provide consent for the information I share to be used in his study.

My participation is subject to the following terms;

1. All necessary steps will be taken to protect my privacy and ensure the confidentiality of my responses during and after the study.
2. My written consent will be required for any future use of the data I provide beyond this study.
3. I have the right to withhold any information I am uncomfortable sharing or choose not to answer certain questions.
4. All data will be securely stored and accessible only to the authorized members of the research team.
5. Any research findings published or presented will not contain any details that could identify me personally.
6. I may request a summary of the study’s results once the research is completed.

By signing below, I confirm that I have read and understood the above information, and I agree to participate in this study under the terms specified.



Participant’s Signature

Date

APPENDIX “J”

LETTER FOR ILOCO CRITIQUE



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



December 9, 2025



DAVE ANTONIO, LPT
BEED College Instructor
Data Center College of the Philippines
LAOAG CITY, ILOCOS NORTE

Dear Sir:

Greetings Sir!

We, the undersigned students are taking up Bachelor of Science in Criminology at Data Center College of the Philippines and currently working on our qualitative research entitled “GLIMPSE OF HOPE: A CASE STUDY OF THE OPPRESSED SUICIDE SURVIVORS”. The study explores the experiences of individuals who survived suicidal attempts in oppressive situations, looking at the factors leading to their suicide, the methods used, why the attempts failed, and what they learned from the experience.

In line with this, we are respectfully requesting your assistance to be our Iloco Critic for our manuscript. Your expertise in the field will greatly contribute to the quality of our work by helping ensure that it is free from grammatical issues and inconsistencies.

Your positive response to this request would be a valuable support toward the successful completion of our study. Thank you and God bless!

Researchers,

Hanna Joy G. Abueva
Researcher

Eric Jhon L. Briñas
Researcher

Cristine D. Cariaga
Researcher

Christian Paulo D. Clemente
Researcher

Prince Jerica P. Corales
Researcher

Marie Cris A. Dumlao
Researcher

Jaylord A. Felipe
Researcher

Clifford R. Manera
Researcher

Gheezel Pearl V. Magdaraog
Researcher

Joel C. Pacubat
Researcher

Kheen Clyde R. Teppang
Researcher

Charmaine A. Ventura
Researcher

Noted by:



Jenn Chel Omnes, MSCrim
ADVISER

APPENDIX “K”


LETTER FOR ENGLISH CRITIQUE



Data Center College of the Philippines of Laoag City, Inc.
College of Criminal Justice Education
Brgy. 1 San Lorenzo, Laoag City, Ilocos Norte



December 19, 2025


ANGILIO B. PASCUAL
Master Teacher I
Solsona National High School
SOLSONA, ILOCOS NORTE

Dear Sir:

Greetings Sir!

We, the undersigned students are taking up Bachelor of Science in Criminology at Data Center College of the Philippines and currently working on our qualitative research entitled “GLIMPSE OF HOPE: A CASE STUDY OF THE OPPRESSED SUICIDE SURVIVORS”. The study explores the experiences of individuals who survived suicidal attempts in oppressive situations, looking at the factors leading to their suicide, the methods used, why the attempts failed, and what they learned from the experience.

In line with this, we are respectfully requesting your assistance to be our English Critic for our manuscript. Your expertise in the field will greatly contribute to the quality of our work by helping ensure that it is free from grammatical issues and inconsistencies.

Your positive response to this request would be a valuable support toward the successful completion of our study. Thank you and God bless!

Researchers,

Hanna Joy G. Abueva
Researcher

Eric Jhon L. Briñas
Researcher

Cristine D. Cariaga
Researcher

Christian Paulo D. Clemente
Researcher

Prince Jerica P. Corales
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Charmaine A. Ventura
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Noted by:


Jenn Chel Umnes, MSCrim
ADVISER

APPENDIX “L”

CERTIFICATE OF ILOCO CRITIQUE


CERTIFICATION

This is to certify that the research paper entitled “**GLIMPSE OF HOPE: A CASE STUDY OF THE OPPRESSED SUICIDE SURVIVORS**”, prepared by: **Hanna Joy G. Abueva, Eric Jhon L. Briñas, Cristine D. Cariaga, Christian Paulo D. Clemente, Prince Jerica P. Corales, Marie Cris A. Dumlao, Jaylord A. Felipe, Clifford R. Manera, Gheezel Pearl V. Magdaraog, Joel C. Pacubat, Kheen Clyde R. Teppang and Charmaine A. Ventura**, students of Bachelor of Science in Criminology at Data Center College of the Philippines, Laoag City has been thoroughly reviewed and critiqued with particular attention to grammar and overall language quality.

The critique was conducted to ensure that the research manuscript conforms to recognized and accepted standards of academic writing and is free from grammatical lapses, inconsistencies, and issues that may affect clarity and coherence.

This certification is issued for the purpose of fulfilling the requirements for the submission and evaluation of the aforementioned research paper.

Issued this 14th day of December, 2025.


DAVE ANTONIO, LPT
Language Critic

APPENDIX “M”

CERTIFICATE OF ENGLISH CRITIQUE

CERTIFICATION

This is to certify that I have thoroughly reviewed, edited, and evaluated the manuscript titled “GLIMPSE OF HOPE: A CASE STUDY OF THE OPPRESSED SUICIDE SURVIVORS”, conducted, presented, and submitted by: Hanna Joy G. Abueva, Eric Jhon L. Briñas, Cristine D. Cariaga, Christian Paulo D. Clemente, Prince Jerica P. Corales, Marie Cris A. Dumlao, Jaylord A. Felipe, Clifford R. Manera, Gheezel Pearl V. Magdaraog, Joel C. Pacubat, Kheen Clyde R. Teppang and Charmaine A. Ventura, students of Bachelor of Science in Criminology at Data Center College of the Philippines, Laoag City.

I hereby attest that the manuscript is comprehensive and acceptable in terms of grammar, structure, and overall composition.

This further certifies that the scope of editing was limited solely to the technical preparation of the manuscript.

Issued this 30th day of December, 2025.


ANGELO B. PASCUAL
/ Language Critic

Critic's Information:

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CERTIFICATE OF PUBLICATION

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