

'Suicides among CISF personnel dip 40% due to proactive measures'

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Proactive measures launched by the Central Industrial Security Force (CISF) led to a 40% decline in suicide rates among its rank and file, sources said. According to National Crime Records Bureau (NCRB) data, the national suicide rate stood at 12.4 per lakh people in 2022, while in CISF, it has been reduced to 9.87 per lakh people in 2024.

"Suicide of force members is a critical concern within Central Armed Police Forces (CAPFs). Stress, prolonged family separation and work-related pressures besides personal issues often contribute to this complex issue," senior sources said.

'Creditable steps'

The CISF claims to have taken credible steps in combating this challenge

Mindful approach

The CISF says the steps it has taken to address mental health challenges among its personnel has brought positive results



Year	Cases of death by suicide	Total posted strength	Rate of cases per lakh
2020	18	1,40,351	12.82
2021	21	1,40,937	14.90
2022	26	1,43,468	18.12
2023	25	1,47,193	16.98
2024	15	1,51,978	9.86

SOURCE: CISF

by implementing a series of proactive measures which have led to substantial reduction in suicides of force members in 2024.

As per the latest NCRB data, the national suicide rate stood at 12.4 per lakh people in 2022, and in comparison, the CISF significantly reduced its suicide rate to 9.87 per lakh in 2024, a decline of over 40% in 2023. "It is for the first time in the last five years that CISF suicide rate has fallen below the national rate. CISF has taken

a series of steps to address mental health issues on proactive basis, leading to a substantial reduction in suicides," sources said.

In personalised engagements, commanding officers regularly visit duty posts to foster direct communication to hold daily "briefing-debriefing" to promptly identify and address signs of distress.

The CISF also brought in an online grievance portal, which allowed timely monitoring of grievances at all levels (up to the level of

DG), ensuring timely resolution of grievances, along with mental health support through 24x7 tele-counselling and personal counselling, sources said.

Till September 2024, around 4,200 CISF personnel received help through this facility. Apart from this, one-to-one counselling facility is also implemented. A comprehensive mental health study was conducted in collaboration with AIIMS, New Delhi and actionable recommendations are being implemented at unit level.

In India, the issue has escalated over the years, as evidenced by the NCRB data. All India suicide rates rose from 9.9 per lakh population in 2017 to 12.4 per lakh in 2022, as per NCRB Report - accidental deaths and suicides in India, 2022. (Assistance for overcoming suicidal thoughts is available on the DISHA helpline at 1056)