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Assam Continues To Witness High Suicide Numbers; Economic Stress Emerging As Major Concern



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Assam continues to witness an alarming number of suicide cases, with concerns growing over economic distress, unemployment and mental health challenges among vulnerable sections of society.

According to the latest “Accidental Deaths and Suicides in India (ADSI) 2024 (<https://www.data.gov.in/catalog/accidental-deaths-suicides-india-ads-i-2023>)” data released by the National Crime Records Bureau (NCRB) under the Union Ministry of Home Affairs, Assam recorded 3,203 suicide cases in 2024, compared to 3,051 cases in 2023.

The issue has remained a major social concern through 2025-26, particularly amid rising living costs, unstable income sources and growing financial pressure on low-income families. Reports and field observations indicate that daily wage earners, labourers, unemployed youth and workers in the informal sector are among the most affected groups.

Nationally too, the NCRB data has highlighted the growing vulnerability of economically weaker sections. Daily wage earners accounted for nearly one-third of all suicide deaths in India during 2024, emerging as the single largest occupational category among suicide victims.

Mental health experts have pointed to a combination of financial hardship, family-related stress, illness and emotional distress as major contributing factors. Across India, family problems continued to remain the leading cause behind suicides in 2024, according to NCRB findings.

Social observers in Assam say the situation has become increasingly visible in both rural and urban areas over the past year. Concerns have also been raised over inadequate access to mental health support services, especially in remote districts and economically weaker communities.

The NCRB's ADSI 2024 report recorded 1,70,746 suicide deaths across India in 2024, underlining the scale of the mental health and socio-economic crisis facing the country.

Health professionals and civil society groups have stressed the need for stronger counselling services, community-based interventions, employment support measures and wider awareness programmes to address the growing crisis.



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Assam Times Staff. editor@assamtimes.org

