



Close Link for Counseling Families of Adolescents with Suicidal Behavior

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Family counseling becomes a latent issue within the role of child psychiatry, as the importance of the family in the growth and development of individuals is recognized.

In various academic fields, it is widely accepted that counseling involves more than just a simple consultation; it is a process of actions and practices that occur at various times with the primary purpose of helping adolescents and their families become aware of their behaviors, the ways they interact with others, and the influences they exert and experience in order to classify their problems and the possibilities they have of overcoming them [1].

In the counseling process, communication is essential to foster awareness and engagement among individuals, as well as the counselor's identification of subjective developmental units to foster and mobilize action to encourage the family's fulfillment of its educational function [2].

Interactions aimed at creating a positive, coherent, active, and reflective relationship between the family and educational agents (child psychiatrist and teacher) must be based on the coordination, collaboration, and joint participation of both in the counseling process. This should generate communication that fosters the development of intervention strategies tailored to the community's social context and the potential and real needs of each family, based on their diagnosis and self-diagnosis [3].

The ethics of Cuban medicine, and within it, psychiatry, are founded on, linked, developed, and practiced in historical harmony with all the experience of humanity's moral progress and with the greatest achievements of ethical and philosophical thought accumulated throughout human evolution. The conceptual framework that underpins our National Health System and the Mental Health Subsystem is intertwined and integrated with full human rights and is a demonstration of respect for the integrity, dignity, and decorum of patients and their families. Thus, the practice of mental health professionals is grounded in scientific foundations, interdisciplinary teamwork, and the praxis of physician-community unity, which guarantees the full realization of the preventive, curative, and rehabilitative nature of Public Health.

In this regard, the educational institution is a key element in the child psychiatrist's role in promoting the gradual development of families' knowledge about suicidal behavior prevention, taking into account their affective and cognitive aspects. Teachers are the ones who can provide essential information about the student's psychopedagogical characterization. Every educational intervention should include the school institution's active and dynamic role, which implies self-knowledge and critical reflection on the part of families and adolescents.

Conflicts of Interest

The authors declare no conflicts of interest.

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