Better Unemployment Benefits Linked to Lower Suicide Rates

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Money may not solve all your problems, but for those feeling squeezed after losing a job, a little financial help can be the difference between life and death. According to findings published in the American Journal of Epidemiology, bigger and better unemployment benefits are directly linked to a decrease in global suicide rates, Time.com reports.

For the study, researchers examined the distribution of unemployment benefits in the United States between 1968 and 2008. Scientists found that generous benefit programs offset suicide rates during periods of economic crisis. What's more, researchers observed that, in general, better benefits also seemed to soothe the mental and physical distress caused by financial difficulties.

The study concluded by suggesting that during times of financial distress and high rates of joblessness, governments should ramp up their benefits to those in need, not cut back.

Need some help breaking out of a rut or transforming your life after losing a job? Click here for tips.

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