

## Suicide Among Young People in Ukraine and Estonia: Interdisciplinary Study of the Problem in the System of Legal Relations "Doctor-Patient-Pharmacist-Lawyer"

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**Abstract.** The study presents an interdisciplinary study focusing on the critical issue of suicide among young people in two European countries, Ukraine, and Estonia. The research aims to shed light on the multifaceted nature of the problem by exploring the complex interactions within the system of legal relations involving the key stakeholders: doctors, patients, pharmacists, and lawyers. Suicide rates among young individuals have reached alarming levels in Ukraine and Estonia, highlighting the urgency of addressing the problem comprehensively. To investigate this issue, an interdisciplinary approach is adopted, drawing from the fields of medicine, psychology, pharmacy, and law. The first aspect of the study examines the role of healthcare professionals, particularly doctors, in identifying and managing mental health concerns in young patients. The second dimension explores the involvement of pharmacists in dispensing medications, particularly those related to mental health, and the critical role they play in ensuring patient safety. The third perspective delves into the legal framework surrounding mental health

care and suicide prevention in both countries. The study analyzes the existing laws and regulations, as well as potential gaps in the legal system that may hinder effective interventions. Additionally, the role of lawyers in advocating for better mental health policies and legislation is examined. By integrating insights from the medical, pharmaceutical, and legal fields, this research aims to provide a comprehensive understanding of the factors contributing to the rise of suicide rates among young people in Ukraine and Estonia. The findings are intended to inform policymakers, healthcare providers, pharmacists, and legal professionals to collaboratively develop effective strategies for suicide prevention and mental health support. In conclusion, this interdisciplinary study underscores the urgency of addressing the issue of suicide among young people in Ukraine and Estonia through an integrated approach.

**Keywords:** forensic pharmacy, forensic toxicology, forensic chemistry, clinical pharmacy, clinical pharmacology, forensic medicine, criminal law, prohibited psychoactive substances, suicides, youth.

**Introduction.** WHO is concerned that every 40 seconds one person dies by suicide among young people in high-income countries [1]. WHO experts note that every suicide is a tragedy that affects families, acquaintances, friends, communities, relatives, entire countries and has long-term consequences. In 2019, suicide was the fourth leading cause of death among 15–29-year-olds. For suicide prevention, WHO recommends the following key effective evidence-based interventions [2]:

- interaction with the mass media for responsible reporting of suicides;
  - education of teenagers in social and emotional life skills;
  - early detection, assessment, treatment, and follow-up of any person who is prone to suicidal behavior;
  - limiting access to means of suicide (pesticides, firearms, psychoactive substances, and drugs).
- Integration processes for Ukraine's accession to the European Union [3] require study [4-6]:
- socio-economic and medico-pharmaceutical level of providing citizens with access to essential medicines and medical care;
  - criminal and legal, forensic and pharmaceutical, forensic and narcological, forensic and medical, medico-pharmacological level regarding the fight against drug trafficking in the countries of the European Union, Ukraine, Estonia, in particular;

- destructive consequences for the life and health of citizens, youth health disorders in accordance with ICD-10 and ICD-11;
- rate of deaths and suicides among minors and young people.

According to the Convictus syringe exchange program in Tallinn [7, 8], a cross-sectional study of 299 Estonian injecting drug users found that [9]:

- potential participants were eligible to participate in the study at the age of at least 18;
- they spoke Estonian or Russian;
- respondents reported that they used injections during the previous two months;
- respondents were able and willing to give informed consent;
- citizens who use injecting drugs play an important role in encouraging new people to inject by providing help to initiate injecting ("helping" behavior) and by stimulating interest in injecting ("facilitating" behavior);
- simultaneous use of other narcotic drugs, psychotropic and psychoactive substances (alcohol, amphetamines, benzodiazepines, cannabis, other opioids).

At a joint meeting of the heads of law enforcement and other state bodies regarding the protection of children's rights in a number of crimes committed by children in 2020-2021, it was proven that [10, 11]:

- out of more than 300 criminal offenses committed by minors, related to the illegal circulation of narcotics, about 400 corresponding administrative offenses were made;
- for 5 months of 2021, 149 suicide cases among minors were recorded in Ukraine;
- most suicides are committed by children who have not reached the age of 14, and every fifth suicide – between the ages of 11 and 13. Moreover, girls decide to take their own lives more often than boys.

According to psychiatrists, the increase in the number of teenage suicides is related to the consequences of the coronavirus pandemic, for children and young people, the introduction of quarantine has become an additional factor of psychoneurological and physical stress due to restrictions on their actions, movement, schooling, sports, etc. [12-14].

The influence on the sad statistics of teenage suicides [15] has the uncontrolled circulation of drugs. The President of Ukraine has already signed the Law "On Amendments to Article 21 of the Law of Ukraine "On Medicinal Products" regarding the prohibition of the sale of medicinal products to persons who have not reached the age of fourteen (minors)" No. 1668-IX, which was adopted by the Verkhovna Rada of Ukraine on July 15, 2021 [16].

Suicides among teenagers are often classified as accidents [17]. The expert admits that official data on suicides may not always coincide with real ones, because law enforcement agencies often attribute suicides to accidents. Psychoactive drugs ("club drugs") are used by adolescents during suicidal behavior [18-20].

The pharmaceutical industry faces numerous challenges related to the increase in the level of drug business and drug economy and the risk of addiction to psychoactive drugs and substances. The main element in countering this problem is the correct organization and management of pharmaceutical and medical competences, as well as conducting relevant scientific and theoretical research [21-30].

To achieve success in the medical and pharmaceutical field, it was necessary to conduct a multidisciplinary forensic and pharmaceutical, criminal and legal, medical and pharmaceutical, socio-economic research that combines knowledge from various fields of science on the basis of medical and pharmaceutical law

**The purpose of the study** was to conduct an interdisciplinary organizational and legal, forensic and pharmaceutical, forensic and toxicological, forensic and chemical, criminal and legal, medical and pharmaceutical, clinical and pharmacological, forensic and medical, forensic and narcological, and socio-economic research of connections of causes and conditions causing suicide among youth in Ukraine and Estonia. To propose ways to solve the problem in the system of legal relations "doctor-patient-pharmacist-lawyer".

**Materials and methods.** A study of mandatory materials accumulated at the Department of Medical and Pharmaceutical Law, General and Clinical Pharmacy of the Kharkiv Medical Academy of Postgraduate Education was conducted during cooperation with the investigative department of the Ministry of Internal Affairs of Ukraine in the Kharkiv Region and the Department of Health Protection of the Kharkiv Regional State Administration. Accusative conclusions were studied, systematized, and analyzed; conclusions of forensic medical, forensic narcological, forensic psychiatric, forensic pharmaceutical and forensic examinations; judgments of courts in criminal cases; examples from forensic pharmaceutical practice regarding suicides among young people in Ukraine and Estonia due to the use of psychoactive substances.

Research methods were regulatory, documentary, bibliographic, semantic, statistical, descriptive modeling, systemic approach, retrospective, comparative, systematic, tabular graphic forensic-pharmaceutical.

The research of the article is a fragment of research works of Kharkiv Medical Academy of Postgraduate Education on “Improving the organizational and legal procedure for providing patients with drugs from the standpoint of forensic pharmacy, organization and management of pharmacy” (state registration number 0116U003137, terms 2016-2020) and “Pharmaceutical and medical law: integrated approaches to the system of drug circulation from the standpoint of forensic pharmacy and organization of pharmaceutical business” (state registration number 0121U000031, terms 2021-2026); Petro Mohyla Black Sea National University on the topic “Conceptual interdisciplinary approaches to the drug circulation system, taking into account organizational and legal, technological, biopharmaceutical, analytical, pharmacognostic, forensic and pharmaceutical, clinical and pharmacological, pharmacoeconomic, pharmacotherapeutic aspects” (state registration number 0123U100468, implementation period 2023-2028); Luhansk State Medical University “Conceptual interdisciplinary approaches to pharmaceutical provision and availability of drugs, taking into account organizational and legal, technological, analytical, pharmacognostic, forensic and pharmaceutical, clinical and pharmacological, pharmacoeconomic, marketing, social and economic competencies” (state registration number 0123U101632, terms 2023-2027).

**Results and discussion.** The key point in combating organized drug crime, the spread of illegal trafficking of psychoactive substances of classification and legal groups, addictive, and related disorders in the system of legal relations "doctor-patient-pharmacist-lawyer" are interdisciplinary (1), forensic and pharmaceutical (2), medical and immunological (3) studies [31-37].

Interdisciplinary studies (1) are in the plane of medical and pharmaceutical, organizational and legal, forensic and medical, clinical and pharmacological, and legal studies that show the interaction between medicinal products, quality control and safety of their use. Such studies are necessary because patients with addictive and comorbid health disorders have an increased risk of infectious, autoimmune, oncological diseases and other socially dangerous diseases [38-41].

Forensic and pharmaceutical researches (2) – use scientific methods to identify and analyze the legal and illegal circulation of psychoactive substances, medicinal products used for criminal purposes. For this purpose, physical and chemical, spectrophotometric, chromatographic biological analyzes are carried out, that allow establishing the quality and safety of objects of examination [42-44].

Medical and immunological researches (3) allow to understand which medicines can help maintain health and strengthen the immune system to reduce the risk of such diseases [45, 46].

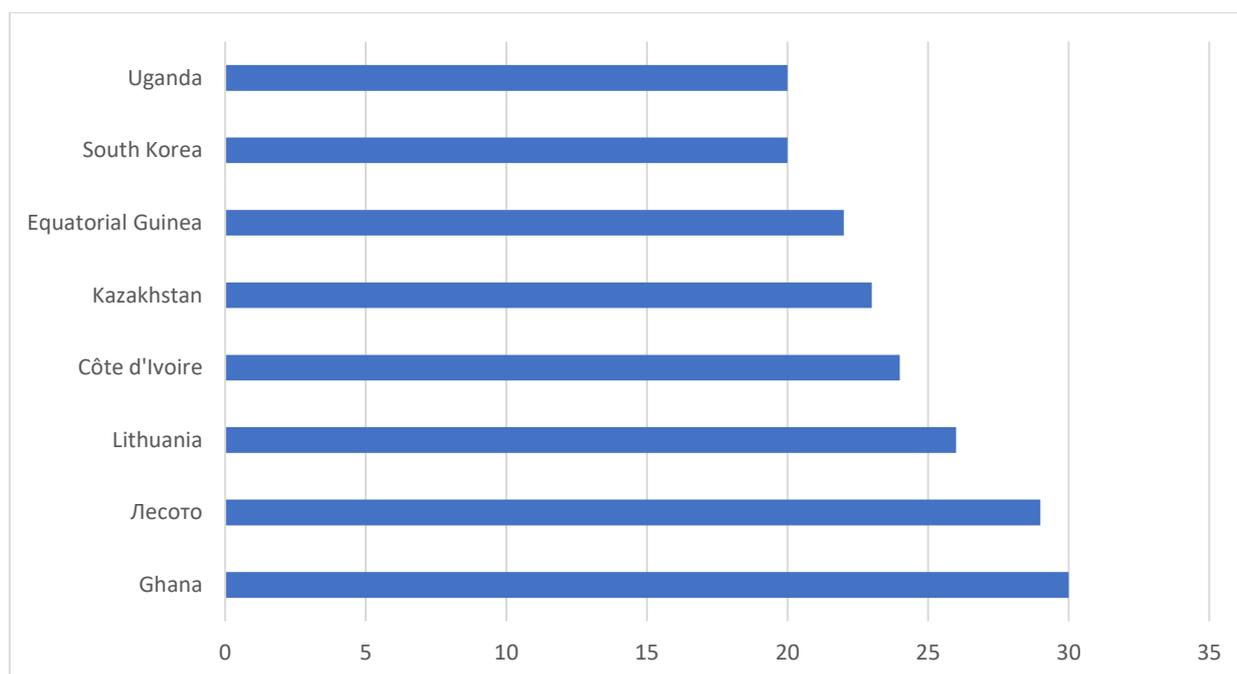
The specified studies should be interconnected and integrated into the organization and management of pharmaceutical competences in the field of health care of the "doctor-patient-pharmacist-lawyer" legal relationship system. Highly qualified specialists from various fields of knowledge, first of all Linsky I., Shapovalova V., Minko O., Haiduchok I., Shapovalov V., Maruta N., Chuiev Yu., Chopiak V., Pindus T., Nevzgodina A., Pylypiv O., Tsysnenska A. can cooperate to ensure the quality, safety, and effectiveness of pharmacotherapy of minors and youth with addictive disorders [26, 36, 39, 46-51].

The wave of suicides among minors and young people in recent years has shaken the world [52-57]. Parents bear full responsibility for the upbringing of the child, his behavior at school, on the Internet, on the street, and in other places where citizens are in mass [58-60].

According to ESPAD in Ukraine in 2019 [61-64], the fight against drug trafficking in Ukraine requires a great deal of work by all branches of government, the police, health care institutions, state authorities, and local self-government. Advertisements of Telegram channels and sites where you can freely purchase these dangerous substances first began to appear on the facades of buildings in 2016. And the so-called "bookmarks" are spread out in all neighborhoods of the city at night. Among the drug crimes recorded by the police, 50% relate to synthetic drugs. No one keeps separate statistics directly on synthetic drugs.

As Bevs A. writes, the activists of Khmelnytskyi region together with the police conducted actions against the distribution of narcotic drugs in various parts of the region before the International Day against Drug Abuse, during which: they destroyed the addresses of telegram channels for the sale of prohibited drugs and substances; inscriptions promoting the sale of drugs were painted on fences and buildings [65].

According to the WHO, more than half of all suicides are committed by citizens aged 15-30 [66]. The number of youth suicides exceeds the number of violent deaths from terrorist attacks, wars and other conflicts combined, including criminal and domestic homicides. In general, in 2016, 9,952 people committed suicide in Ukraine, which is 27 suicides per day. In terms of the number of suicides per capita, Ukraine exceeds the world average (18.5 cases per 100,000 – against 10.5). In the United States, this figure is 13.7 cases. In Poland and Moldova – 13.4 each. In Canada – 10.4; Cuba – 10.1; Israel – 5.2. The countries with the highest suicide rate are shown in Fig. 1.



**Fig. 1.** The number of suicides in 2016 per 100 thousand population, adjusted for the average distribution by age [66].

Below are examples of forensic pharmaceutical practice for the period 2018-2022. Law enforcement agencies, state authorities and self-government need to increase the level of cooperation, responsibility, efficiency, and control in the direction of countering suicides among young people.

*Forensic and pharmaceutical example No. 1.* The head of the psychoneurological department of the hospital reported that the mental health of young people is influenced by the environment [67]. None of the victims sought psychological help from a health care institution. Reasons for suicide or suicide attempts. A person does not want to address his problem to a specialist. In countries with a high level of development, there is a connection between suicides and mental (depression) and

addictive disorders (drug and alcohol addiction). Adolescents use prohibited psychoactive substances, which often provoke psychoses and schizophrenia. Many suicides occur impulsively in moments of crisis, when a person loses the ability to overcome stressful situations in life (financial problems; relationship breakdown; conflicts with others; family violence; losses; illness). Suicide rates are high among vulnerable population groups, those subject to discrimination (refugees, internally displaced persons, migrants, national minorities, prisoners). Among teenagers, bad relationships with loved ones, lack of sufficient attention and interest in children's problems from their parents are often the cause of suicide. The presence of a child in "death groups" in social networks, which have been popular recently (groups "Blue Whale", "F57", "Novy Put", "Momo" and others). The Internet, from which the child should be distanced (removed or regulated) not by banning, but by providing an alternative (joint travel, adventures, walks in the park, excursions to another city, etc.). Pesticides, drugs, hanging, and firearms are most often used to commit suicide.

*Forensic and pharmaceutical example No. 2.* Information about schoolchildren who were poisoned by medicine. Several similar cases of suicide occurred in a short period of time in the Volyn, Kyiv, Poltava, and Cherkasy regions, as well as in the cities of Kyiv and Rivne. Thus, in the city of Lutsk, a 15-year-old girl tried to commit suicide by using the drugs Nurofen, Wormil, and Paracetamol (Table 1) [68]. Doctors washed the child's stomach to reduce intoxication. The parents refused hospitalization. In addition to drug poisoning, the girl was found to have cut wounds on her forearm. At the same time, in the dressing room of the lyceum, two schoolgirls drank 40 tablets of the drug drotaverine (Table 1). The drug was bought in a pharmacy near the lyceum. When they used the last pill, they wrote about it to their classmates. The 13-year-old schoolgirl died on the spot, and her 12-year-old friend was saved by doctors. In the city of Uman, two 8th-grade students at school drank 10 tablets of Drotaverine each (Table 1). Appropriate care was provided at the hospital. A 15-year-old teenager with an overdose of pills was brought to the "Okhmatdit" clinic in the morning. The teenager is alive, his condition is stable. In the city of Rivne, they saved a boy who was wanted to commit suicide through social networks. In the Myrhorod district of the Poltava region, two schoolgirls were hospitalized with physical injuries - cuts to their wrists. Investigators are trying to establish what motivated the 8th grade students to commit bodily harm.

*Forensic and pharmaceutical example No. 3.* "Emergency" doctors in the suburbs of Lviv took away a school student with a drug overdose in serious condition [69, 70]. The boy had dizziness, loss of consciousness, weakness, dilated pupils. Schoolchildren smoked marijuana during classes.

*Forensic and pharmaceutical example No. 4.* A one-year-old girl with a diagnosis of "acute poisoning by unknown narcotics" was brought to the intensive care unit of the Dnipro hospital [71]. It turned out that the day before, the 24-year-old mother of the child used drugs. In the morning, the mother saw her daughter on the floor and unconscious. The child drank a narcotic mixture from a glass that was left standing on the table.

*Forensic and pharmaceutical example No. 5.* The Rivne regional center of emergency medical assistance reports that calls for emergency assistance were received on the police line [72]. After arriving at the scene of the incident, doctors found that the 15-17-year-olds were using amphetamine and methadone (Table 1).

*Forensic and pharmaceutical example No. 6.* The Rivne Regional Emergency Medical Center reports that the ambulance crew provided assistance to an 8-year-old boy who was poisoned by alcohol [73].

*Forensic and pharmaceutical example No. 7.* The police of the city of Dnipro received a report that three underage girls and a boy were drinking alcohol in the yard of the house [74]. The guy kept falling. The girls were heavily intoxicated.

*Forensic and pharmaceutical example No. 8.* Investigators of the city of Kyiv informed the detained c. A. on suspicion of committing crimes under Part 2 of Art. 307 (illegal acquisition and storage of a psychotropic substance in large quantities for the purpose of sale); Part 2 of Art. 315 (inclination of minors to use narcotic drugs, psychotropic substances) and Part 2 of Art. 317 (organization or maintenance of places for illegal use, production, or manufacture of narcotic drugs) of the Criminal Code of Ukraine [75]. It was established that a 32-year-old local resident stored

narcotic drugs for the purpose of sale and organized a drug den in his apartment, where the girl died, and also encouraged minors to use prohibited drugs.

Forensic and pharmaceutical examples (No. 1-8) indicate that students use prohibited psychoactive substances, psychoactive drugs during their studies; not all cases of poisoning and suicide among young people are initiated by law enforcement agencies; not all adults involved in crimes are brought to criminal responsibility; the work among schoolchildren aimed at the prevention of addictive conditions needs to be improved; the involvement of lawyers to protect the rights of minors requires constant attention from parents, police officers and prosecutors; a regulatory ban on dispensing drugs to minors under the age of 18 is necessary.

**Table 1.** Psychoactive substances used by minors.

Drug	Classification and legal group	Control regime
Nurofen	General	By prescription
Wormil	General	OTC
Paracetamol	General	OTC
Drotaverine	General	By prescription
Amphetamine	Psychotropic substance	Circulation is prohibited
Methadone	Narcotic drug	License to dispense narcotic drugs, special prescription form F-3, subject-quantitative accounting of circulation

During the survey, it was established that addictive dependence is formed when abusing prohibited psychoactive substances and psychoactive drugs [76]. Cannabis was mentioned by 31% of respondents, amphetamines – 18%, salts (“designer drugs”) – 8%, poppy straw – 7%, methadone – 6%, synthetic marijuana (spice) – 6%, heroin – 4%, ecstasy, tramadol, and cocaine – 4% each.

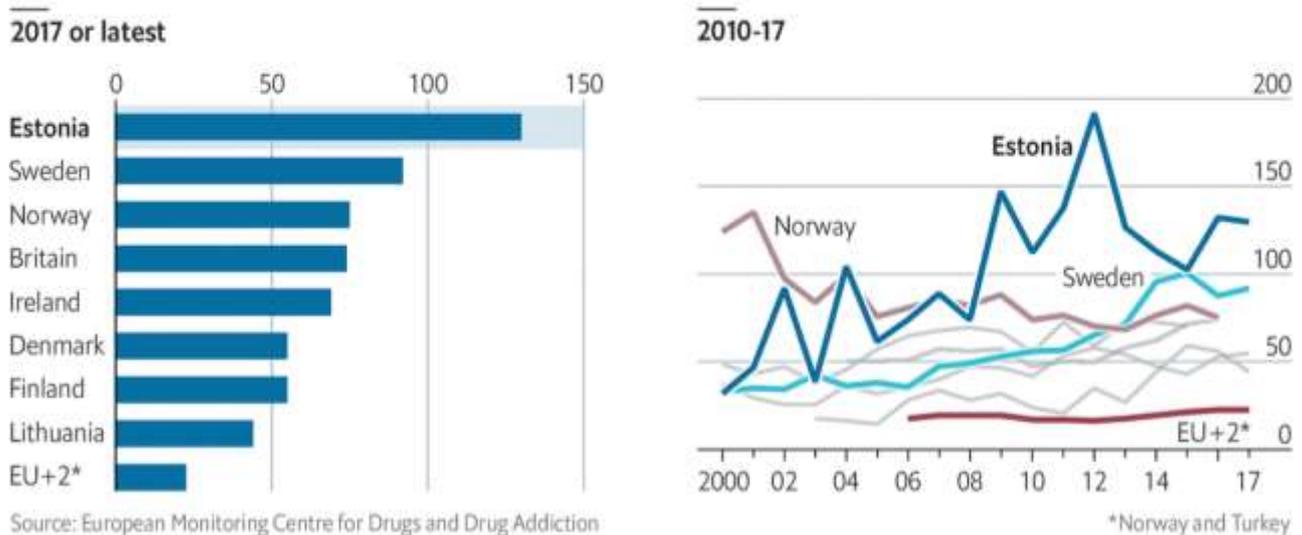
Experience accumulated by UN experts has shown that the "war on drugs" undermines health and social well-being. Drains public resources but is unable to eradicate the demand and illegal drug market. It has far-reaching negative consequences for the widest range of human rights, including the right to personal liberty, freedom from forced labor, from ill-treatment and torture, the right to a fair trial, the right to health, including palliative treatment and care, the right to adequate housing, freedom from discrimination, the right to a clean and healthy environment, the right to culture and freedom of speech, religion [77].

The number of drug overdose deaths in Estonia has doubled [78]: 38% are caused by synthetic opioids; 29% – abuse of amphetamines; 15% – cocaine overdose. The majority of deaths are from overdose of psychoactive substances of several classification and legal groups (narcotic, psychotropic, modified precursors, antidepressants, benzodiazepines, xylazine, naloxone, combined psychoactive drugs). Xylazine is a muscle relaxant, a painkiller in veterinary medicine. Abuse of naloxone among drug addicts in Estonia was detected almost three times more. The average age of the deceased was 38 years, and the age ranged from 17 to 68 years; 62% of the dead are men; 17% are women.

According to the latest European Drug Report (Fig. 2), published by the European Monitoring Center for Drugs and Drug Addiction, 110 drug-related deaths were recorded in Estonia in 2017, which is equivalent to 130 deaths for every million people aged 15 to 64 [79]. Sweden and Norway rank second and third (with 92 and 74 deaths per million, respectively). Estonians are almost six times more likely to die from drug overdoses than their European counterparts. The opioid epidemic in America is much worse than in Estonia, at 210 per million; in Scotland, the figure is estimated at 218 per million.) Estonia is fighting an epidemic. After a peak in 2012, the number of fatal overdoses began to decline. Probably because of the increased use of naloxone, a drug that reverses the effects of opioid overdoses. But since 2015, mortality has increased again [79-81]. Estonia is a small country in the north-eastern part of Europe with a population of about 1,340,000 people. In recent decades, Estonia has had one of the highest rates of HIV per capita in the European Union. The country has an excellent medical record (Metsallik et al., 2018). Data from the Estonian Register of Causes of Death and the Estonian Institute of Forensic Science are quite accurate (Jasilionis, Mesle, & Vallin, 2016).

**Bitter pill**

Drug-induced deaths per 1m population, aged 15-64  
Selected European countries



The Economist

**Fig. 2.** Drug-induced deaths per 1m population (aged 15-64) [79]

The environment affects the mental health of young people [82]. Suicides increased among young people. None of the victims had previously sought psychological help. Annually, there are 1-2 cases of suicide among teenagers, and another 3-5 cases of suicide attempts. And these are only those that fall into the field of vision of psychiatrists. Unfortunately, the real statistics are much higher. In developed countries, there is a clear link between suicide and mental disorders, particularly depression and disorders often caused by the use of psychoactive substances. Many suicides occur impulsively in moments of crisis, when a person loses the ability to overcome stressful situations in life – financial problems, relationship breakdown, conflicts with others, family violence, losses, illness, etc. Suicide rates are high among vulnerable population groups, those who are subject to discrimination. For example, refugees or internally displaced persons, migrants, national minorities, prisoners. As for teenagers, in this case, bad relationships with loved ones, lack of sufficient attention and interest in children's problems from their parents are often the cause of suicide. It may also be that the child is bullied or bullied by peers, or has unrequited love. And at some point, a teenager faces these problems one-on-one, he lacks support. A bad grade in a subject at school, a rude remark by a teacher, or a child being in "death groups" on social networks, which have recently become popular, can be the cause of suicide or an attempt. These are, for example, the well-known groups "Blue Whale", "F57", "New Way", "Momo" and others.

The main causes of intentional self-harm by children include [83]: parental alcoholism, parental cruelty, violence in the family; loss of trust in relations with parents; unresolved conflicts in the family, with friends, girlfriends or classmates; troubles in personal life due to unrequited love or parting with a loved one; difficult adaptation to new conditions of study and living; bullying by peers, friends, girlfriends, loss of social status in the team, isolation from the social environment; involvement and participation in various informal youth trends, participation in computer "death groups"; fear of responsibility for the crime committed; mental disorders, death or loss of a loved one; use of alcohol, tobacco, psychoactive substances (narcotics, psychotropic, potent and poisonous substances, modified precursors); deep feelings of depression, hopelessness and helplessness, helplessness, lack of prospects and goals in life; keen desire for "new experience"; low level of financial support of the family; manipulative attempts, desire to attract attention; uncertainty of personal interests, inclinations, unorganized free time; lack of fear of death, unawareness of the possibility of one's own death.

The problem of abuse of psychoactive substances and suicides among teenagers and young people is also relevant for the USA [84]. It is the tenth leading cause of death overall, killing more than 47,000 people. Suicide is the second leading cause of death among adolescents aged 10 to 24. According to the Centers for Disease Control and Prevention, 17.2% of high school students have seriously considered suicide; 7.4% of students attempted suicide. The American Public Health Trust reports that the suicide rate among youth aged 17 years and younger has nearly doubled and among girls aged 10 to 14 years more than tripled over the past 10 years [84].

Article 153 of the Law of Ukraine "On State Regulation of the Production and Circulation of Ethyl, Cognac, and Fruit Alcohol, Alcoholic Beverages, Tobacco Products, Liquids Used in Electronic Cigarettes, and Fuel" prohibits the sale of beer (except non-alcoholic), alcoholic, low-alcohol beverages, and table wines, tobacco products, electronic cigarettes, liquids used in electronic cigarettes, devices for consuming tobacco products without burning them to persons under 18 years of age [85]. Therefore, similar amendments and additions to Article 21 of the Law of Ukraine "On Medicinal Products" [86] are relevant. Medicinal products should not be dispensed to citizens of Ukraine from the age of 14, but only upon reaching the age of 18 (Table 2).

**Table 2.** Proposed regulatory changes and additions.

No.	Project of changes and additions		
	Law of Ukraine "On State Regulation of Production and Circulation of Ethyl, Cognac and Fruit Alcohol, Alcoholic Beverages, Tobacco Products, Liquids Used in Electronic Cigarettes, and Fuel" [85]	Law of Ukraine "On Medicinal Products" [86]	Law of Ukraine "On medicines" [86]
1.	<p><b>Art. 15-3.</b> Restrictions on the sale of beer (except non-alcoholic), alcoholic, low-alcohol drinks, table wines, tobacco products, electronic cigarettes, liquids used in electronic cigarettes, devices for consuming tobacco products without burning them.</p> <p>The sale of beer (except non-alcoholic), alcoholic and low-alcohol drinks, table wines, tobacco products, electronic cigarettes, liquids used in electronic cigarettes, devices for consuming tobacco products without burning them is prohibited:</p>	<p><b>Art. 21.</b> Implementation (issuance) of medicinal products to citizens</p> <p>The sale (issuance) of medicinal products (including the use of information and communication systems remotely) to minors, as well as the delivery of medicinal products to the final consumer – a minor is prohibited. If the person who directly carries out the retail trade of medicinal products and/or the delivery of medicinal products to the final consumer has doubts about the attainment of <i>the age of 14</i> by the buyer who purchases the medicinal products, the person who directly carries out the retail trade of</p>	<p><b>Art. 21.</b> Implementation (issuance) of medicinal products to citizens</p> <p>The sale (issuance) of medicinal products (including the use of information and communication systems remotely) to minors, as well as the delivery of medicinal products to the final consumer – <i>minors is prohibited</i>. If the person who directly carries out the retail trade of medicinal products and/or the delivery of medicinal products to the final consumer has doubts about the attainment of <i>the age of 18</i> by the buyer who purchases the medicinal products, the person who directly carries out the retail trade of medicinal products and/or the delivery of</p>

	1) persons <i>under the age of 18</i> ; 2) persons <i>under the age of 18</i>	medicinal products and/or the delivery of medicinal products to the final consumer, must ask such a buyer to present a passport of a citizen of Ukraine or another document confirming his age. If the buyer refuses to provide such a document, the sale (issuance) of medicinal products to this person is prohibited.	medicinal products to the final consumer, must ask such a buyer to present a passport of a citizen of Ukraine or another document confirming his age. If the buyer refuses to provide such a document, the sale (issuance) of medicinal products to this person is prohibited.
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Holding international scientific and practical conferences on the topic of combating drug crime and illegal trafficking of psychoactive substances plays a significant role in the improvement of society. Initiated and carried out in the system of legal relations "doctor-patient-pharmacist-lawyer":

✓ November 20-21, 2009 in Kharkiv VI International scientific and practical conference "Pharmaceutical law, forensic pharmacy, and evidence-based pharmacy in the improvement of the national security system in the medical and pharmaceutical cluster of the Euroregion "Slobozhanshchyna" [87]

✓ November 19-20, 2010 in Kharkiv VII International scientific and practical conference "Forensic pharmacy, evidentiary pharmacy and pharmaceutical legislation as components of pharmaceutical law in the program of implementation of state policy in the field of combating crime and violations of the rules of circulation of psychoactive substances for 2011-2017".

In the future, such conferences were held annually until 2022. The 21<sup>st</sup> international conference is planned for 2023.

Such measures make a significant contribution to the development of pharmaceutical and medical law in Ukraine, to the implementation of the state policy of combating drug trafficking in the sphere of circulation of psychoactive substances [88-93].

The experience accumulated by UN experts has shown that the illegal circulation of psychoactive substances undermines the life and health, socio-economic well-being of an individual, and consumes state resources to finance law enforcement agencies and the health care system. Drug business causes the development of the drug economy at the local, regional, national, border and international levels, harms the development of the legal sector of the economy, the sphere of health care and pharmacy [94].

Therefore, in our opinion, state policy should have far-reaching positive consequences for the widest spectrum of ensuring constitutional human rights [95]:

- ❖ a person, his life and health, honor and dignity, inviolability and safety are recognized as the highest social value in Ukraine;
- ❖ everyone has the right to health care, medical care, and health insurance;
- ❖ health care is provided by state financing of relevant socio-economic, medical, and sanitary and health and preventive programs;
- ❖ the state creates conditions for effective and accessible medical care for all citizens;
- ❖ medical assistance is provided free of charge in state and communal healthcare institutions;
- ❖ the state promotes the development of medical institutions of all forms of ownership;
- ❖ the health of children and youth, care for citizens with disabilities, and the elderly are a priority of the state;
- ❖ clean and healthy environment, ensuring environmental safety.

**Conclusions.** The interdisciplinary organizational and legal, forensic and pharmaceutical, forensic and toxicological, forensic and chemical, criminal and legal, medical and pharmaceutical, clinical and pharmacological, forensic and medical, forensic and narcological, and socio-economic

research of connections of causes and conditions causing suicides among young people in Ukraine and Estonia was conducted. A comparative analysis of citations of the topic of the work in scientific sources was carried out. Interdisciplinary, forensic and pharmaceutical, medical and immunological studies were substantiated. The ESPAD data for Ukraine were studied. WHO data on suicides in the USA, Poland, Moldova, Canada, Cuba, and Israel were analyzed. Forensic and pharmaceutical practice regarding suicides among young people is systematized. The main causes of suicides among students, minors, and youth have been established. The list of prohibited psychoactive substances abused by young people is indicated. The experience of Estonia and the USA was analyzed. Normative measures have been developed to reduce suicide among young people. Ways to solve the problem in the system of legal relations "doctor-patient-pharmacist-lawyer" were proposed. Future researches in the field are highly recommended.

**Conflict of interests.** The author reports no conflict of interests.

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