

Title: Suicide Prevention Session Report

Date: September 13, 2023

Venue: BSW I Hall, College of Social Work, Nirmala Niketan

Introduction:

The Suicide Prevention Session held on September 13, 2023, at the BSW I Hall, College of Social Work, Nirmala Niketan, was a profound and enlightening event. The session was introduced by Ms. Ashwini Pednekar, who welcomed the resource persons: Meenakshi Nagwekar, Sanjeevani, and Siddhi Kalbhor. The session aimed to raise awareness about the critical issue of suicide prevention and mental health. The following is a detailed report of the event.

Session Highlights:

1. Satyameva Jayate Program:

The session commenced with a screening of the Satyameva Jayate program, which featured an interview with the family of a girl who died by suicide. Additionally, a consultation with a psychiatrist was shown, highlighting the reasons for suicide, including peer pressure, stigma surrounding mental health, lack of self-care, awareness of mental health issues, and the prevalence of depression as a major factor leading to suicide. It was noted that 50% of individuals with mental health problems do not seek treatment due to the associated stigma.

2. Language Sensitivity:

The importance of using the phrase "died by suicide" instead of "committed suicide" was emphasized, as the latter can inadvertently convey a sense of criminality, further stigmatizing the issue.

3. Challenges Surrounding Mental Health:

The resource persons addressed various challenges related to mental health, such as academic stress, identity stress, and common myths and beliefs that stigmatize mental health conditions.

4. "How Are You?" Activity:

Attendees were encouraged to engage in an activity where they asked people or peers, "How are you?" This simple yet powerful question aimed to foster open communication and support for mental health.

5. Causes of Suicide:

Several causes of suicide were discussed, including environmental factors, academic stress, financial crises, personal history, a family history of suicide, physical or sexual abuse, previous suicide attempts, and the impact of social media, including cyberbullying and addiction.

6. Verbal Warning Signs (self-written):

Verbal warning signs of suicide may include expressions of hopelessness, feeling trapped, unbearable emotional pain, or a desire to end one's life.

7. Indirect Verbal Warning Signs (self-written):

Indirect verbal warning signs can manifest as expressions of feeling like a burden to others, feeling isolated, or experiencing unbearable guilt or shame.

8. Effective Communication with Loved Ones:

Attendees were provided with strategies for communicating with loved ones who may be experiencing depression or suicidal thoughts, such as active listening, offering empathy, and encouraging professional help-seeking.

9. Question and Answer Session:

A Q&A session allowed participants to seek clarification and further information on the discussed topics.

10. Sisters Living Organization and Helpline:

Information about the Sisters Living organization and its programs, as well as a helpline number for support, was shared with the attendees.

Challenges and Causes:

The challenges mentioned in the session, such as academic stress, stigma, and identity stress, contribute to the causes of suicide. These causes include environmental factors, financial difficulties, personal history, and the influence of social media. Recognizing these challenges and causes is crucial for developing effective prevention strategies and support systems.