

REPORT
SUICIDE PREVENTION MONTH



World Suicide Prevention Day (WSPD) is commemorated every year with the aim of creating awareness among people to avoid committing suicide and prevent it at any cost. Each year on September 10, attention is given to the issue. Awareness is being raised among people, giving a single message that suicide can be prevented. An estimated 703,000 people a year take their life around the world. The 2022 theme of World Suicide Prevention Day is "Creating hope Through Action".

The Department of Psychology of Vimala College commemorated September as "SUICIDE PREVENTION MONTH". The overall goal of this month was to raise awareness about suicide prevention among the students of the college.

Primary objective was to promote self-empowerment to address self-harm and suicide. The student community of the Dept. of Psychology conducted various activities aimed at raising awareness, reducing the stigma around suicide, and encouraging well-informed action. This was done through positive and informative messaging aimed at the students, and facilitating open discussion on mental health.

Associated risk factors for suicide, such as job or financial loss, trauma or abuse, mental and substance use disorders, and barriers to accessing health care which have been further amplified by COVID-19 was also addressed.

The students of the Dept. of Psychology, prepared posters, quotes and pamphlets highlighting the importance of mental health and suicide prevention and distributed it among the fellow students of the college in order to disseminate awareness and the message of hope among youngsters.

