

Report on Workshop: Suicide Prevention for Non-Teaching Staff

As part of the mental health initiative, a workshop on suicide prevention was conducted on February 16, 2023, for the non-teaching staff members. The session was facilitated by Dr. Amandeep Singh, a renowned mental health expert.

The workshop aimed to raise awareness about suicide prevention, reduce stigma, and equip participants with practical tools to identify and support individuals in distress. Dr. Singh emphasized the importance of understanding the warning signs of suicidal ideation, fostering open communication, and offering timely support.

The session was highly interactive, with participants actively engaging in discussions and sharing their experiences. Dr. Singh used real-life examples and role-play activities to help attendees understand how to respond empathetically to someone struggling with suicidal thoughts.

The participants appreciated the practical approach and highlighted how the workshop enhanced their understanding of mental health issues. They also expressed gratitude for the initiative, recognizing the importance of such training in fostering a supportive work environment.

The workshop concluded with a Q&A session, where Dr. Singh addressed queries and encouraged the staff to continue promoting mental well-being within their circles. The event was a significant step toward creating a safe and inclusive space for mental health discussions.



Psychological First Aid (PFA)

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Supporting People in
the Aftermath of
Crisis Events







MENTAL HEALTH IN INDIA

To put it in perspective, **1 IN 20** Indians suffer from depression.

0.9% of our population has a high risk of suicide.

Only **10%** people suffering from mental illness get help.

Nearly **10%** people suffering from a mental illness did not seek any treatment despite the presence of illness for more than 12 months because of the stigma.

60 MILLION Indians suffer from some form of mental illness.

Almost **50 MILLION** have either depression or crippling anxiety.

There are only **0.3** psychiatrists per **1,00,000** people in India.

Only **0.06%** of our budget is allocated to mental healthcare.

According to data, **20%** of the Indian population will suffer from a mental illness by 2020.

- More than 800,000 people die due to suicide every year (WHO, 2022)
- Suicide is the fourth leading cause of death in 15-49-year-olds.
- 77% of global suicides occur in low-and middle-income countries.
- The common mental health issues in India are depression, anxiety and suicide.



