

18/Sept/2023

Mental Health (B.Voc. - Department)

World Suicide Prevention Day 10th Sep/2023

Designated Theme for 2023

Creating Hope through action

★ Suicide Prevention :-

Dopamine Hormones release in our mind

Why is suicide?

It is act of deliberately killing oneself

Why suicide ideation:

It means the person is preoccupied with the idea of suicide.

One thinks of committing

★ Passive Ideation → Person wishes to be dead, but does not

★ Active Ideation have any plans to commit it.

It's not only thinking about it but also having to commit it, so it is more problematic.

Facts:-

★ Sudden & Preventable death.

★ 8,00,000 people worldwide died by suicide every year.

16 Psychological Facts about suicide prevention

★ Decision making & Behavioral Control

★ 90% of people who died have an underlying & potentially treatable mental health condition.

★ Depression, bipolar & substance abuse are strongly linked to suicidal thinking & behavior.

- * No one takes their life for a single reason, Life stresses, combined with known risk factors such as childhood trauma.
- * Asking someone directly if they are thinking about suicide won't put the idea in their head, most will be relieved when someone starts a conversation.

* Certain medications used to treat depression or stabilize moods have been proven to help people reduce suicidal thoughts & behavior.

* If someone can get through

Risk Factor / Warning Signs

- Suicidal ideation
- Childhood abuse
- Domestic Violence
- Societal Pressures
- Mood swings
- Substance Abuse
- Behavioral Changes.

Condt. ---

- * Giving important things away
- * Statement indicating ~~to~~ no reasons to live
- * Having access to lethal means.
- * Being Exposed to another person's suicide
- * Past suicide attempt.

Suicide Prevention month Sep.

* Recognize your early warning signs

3 P's

- Personal
- People
- Professional

Working Together to prevent suicide

3R

- Relaxation
- Reconnection
- Reaching out

8 ways you can help destigmatize conversation about suicide

Support
Normalize
Engage
Seek
Promote
Share
Advocate

my mental Health: Do I need help?

★

If so here are some self care activities that can help.

★ Exercising

★ Eating Health

★ Engaging in social contact

★ Talking to a trusted friend or family member

★ Getting adequate sleep on a regular schedule.

practicing, meditation, relaxation & mindfulness.

★ Do I have severe symptoms that have lasted 2 weeks or more.

Difficulty sleeping

Difficulty appetite

Seek Professional Help:-

→ Psychotherapy (Talk Therapy)

Virtual

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