



SUICIDE PREVENTION AND STRESS HELPLINES

ALL INDIA

GOVT. MH REHABILITATION HELPLINE KIRAN :

1800-5990019

24/7

VANDERVALA FOUNDATION:

9999 666 555/

WhatsApp- +1(256)6662141

E-help:

help@vandervalafoundation.com

24/7

FORTIS HOSPITAL NATIONAL HELPLINE:

91-8376804102

24/7

Multilingual

DELHI

**SANJIVANI SOCIETY
FOR MENTAL HEALTH:**

01140769002,
01141092787
01124311918,
01124318883,
01143001456

Daily 10AM to 4 PM

MUMBAI

AASRA

91-9820466726

24/7

English and Hindi

SAMARITANS

8422984528;

8422954529;

8422954530.

Daily 5PM to 8PM

Email: talk2samaritans@gmail.com

You can call and speak anonymously and confidentially, or visit the centre for a personal meeting in Mumbai, with a prior appointment.

Address: 402, Jasmine, Opp Kala Kendra,

Dadasaheb Phalke Road, Dadar(E), Mumbai 400014

BANGALORE

SAHAI:

080-25497777

Monday - Saturday

10 AM to 5:30PM

KOLKATA

DEFEAT DEPRESSION:

9830027975

Call 9AM to 10PM

LIFELINE FOUNDATION:

+91 9088030303;

03340447437

Daily 10 AM to 10 PM

Caters to pan-India calls

E: contact@lifelinefoundation.in

Site: www.lifelinefoundation.in

CHIENNAI

SNEHA:

044 2464 0050

Daily: 8 AM to 10 PM

E: help@snehaindia.org

SIKKIM

SIKKIM HELPLINE NUMBER:

1800-3453225

24/7



Comments



vcw.kshitij As September is Suicide Prevention Month, let's spread awareness, help people open up and normalize reaching out for help.

templates by [@dividuals_alter.ego](#)

Suicide is never an option, if you ever feel unheard, unloved, or purposeless or worthless it's better to seek therapy or do things for your betterment but resorting to suicide is never a solution.

Remember, these feelings are transient and it won't matter to you after a few months or a year. This too shall pass and life will be better for you. It's important to keep your hopes up and to remain optimistic, only then you'll be able to feel at peace.

And Yes! Please don't be ashamed of seeking help, there's nothing to be embarrassed about. You can take several steps too like:

1. Keep a list of contact names and numbers readily available. Include your doctors, therapists and crisis centers that can help you cope with suicidal thoughts. Include friends or loved ones who agree to be available as part of your safety plan.

2. Schedule daily activities.

Activities that brought you small pleasure in the past can make a difference — such as listening to music, watching a funny movie or visiting a museum. Or try something different. Because physical activity and exercise may reduce depression symptoms, consider walking, jogging, swimming, gardening or a new activity.

3. Avoid drug and alcohol use.
Rather than numb painful feelings,
alcohol and drugs can increase
suicidal thoughts and the likelihood
of harming yourself by making you
more impulsive and more likely to
act on your self-destructive
feelings.

4. Avoid risky websites on the Internet. Stay away from websites that may encourage suicide as a way to solve your problems rather than write about your thoughts and feelings. Consider writing about the things in your life that you value and appreciate, no matter how small they may seem at the time.

5. Remove potential means of killing yourself. This may include ridding your home of guns, razors or other objects you may consider using to hurt or kill your self.

6. Establish your support network by reaching out to friends, family and people who care about you and are there when you need them. Make an effort to be social, even if you don't feel like it, to prevent isolation.

7. Create a list of the reasons you have to live. This list can include being alive for your pet, your children, a favorite niece, or something that you enjoy doing at work or at home. It doesn't matter what the list includes, but finding a sense of purpose in your life can make a difference.

8. And if nothing is working please contact a professional. Do as they say. Stick with your treatment plan. Commit to taking your medication as prescribed and attending all treatment sessions and appointments. By getting proper treatment and using effective coping strategies, you can learn to manage or eliminate suicidal thoughts and develop a more satisfying life.



vcw.kshitij "Hey there." I said.

There he sat huddled in a corner of my room. Gloomy face, slender body, his drooping eyes staring deep into my soul. I call him Lone. He greets me everyday saying, "I will be by your side...forever."

Funny how my greatest fear turned out to be my one true friend, a life-long companion.

CREDITS :-

Content : Falguni Chauhan (@_highonlife_6)

Caption : Shokhi Srivastava (@callmerain_11)

Template and Editing : Apoorva Sharma
(@dividuals_alter.ego)





vcw.kshitij It was 4 am as usual,
On the four-legged bed she used to lay,
But today traces of her smell couldn't be found
on those crumpled bedsheets.
It was strange for a girl who loves her sleep more
than anything in this world, where was she?

She was in the abyss of her mind, fighting with
her own thoughts and transforming herself into a
nocturnal being.

Each night, those tremors used to demolish her
and to maintain the equilibrium,
she used to embrace those apprehensions.
Her nails started to bleed and eyes started to
sink.

She knew the truth but for her belief's salvation,
she never admitted it.

Each night she played lethal games with herself,
and with each lose, emergence of nemesis could
be observed and with each day, apprehensions
increased.

At last her nemesis couldn't be fathomed.

And she lived in her mind ever after.

Credits:

Apoorva Sharma (@dividuals_alter.ego) from
Media Society and Khushi from Arts and Crafts
Society.

Writeup by Apoorva Sharma (@dividuals_alter
.ego) from Literary Society.











vzw.kshiti.j A black screen, shadow of some uncomfortable shades covering your eyes through which you could see the world, now is full of disappointments.

That is how a person feels. A sheer numbness towards anything and everything that makes you go round the ultimate, which is an abrupt break in reality.

Well this is just one side of the flip coin, this dead end of life connects with number of roads directioned by carelessness, Sometimes? Well most the times.

Have you checked up on your friend who is invisible lately? Well, "hustle alone" quotes never allow you to do it ,right? So how has your judgemental mind been mocking your other friend who is way too emotional at 'silly things' or blinks their eyes a lot when talking?

For a moment, imagine yourself at their funeral with their whole family weeping, and you discover some notes they tried to write you, and a chills running down your spine feeling like one of the killers , who couldn't reach out on time because they were busy sublimating their own life.

Trust me, this will haunt you for your life. "You could've saved them!" will echo even when you'll be at the same place as them, tearing out drafts you practiced to write to your trusted people.

HEAR, UNDERSTAND, and HELP, before you lose them.

And the ones not feeling well, hold your hands up mate, we're hearing you. Say whatever you feel, or whatever you don't. Express because YOU MATTER.

Credit:

Artwork: Saloni (@ouisaloni)

Caption: Harshita Gupta