Every life matters
Time for action – What each of us can do
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Acknowledgement

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The book presents through art, an understanding of suicide and its impact on families and communities, and what each of us can do to prevent it.

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We extend our sincere thanks to the young artists from Bhutan, India and Indonesia for their beautiful and powerful artwork.
Suicides are preventable, and it is time to take action. Every country today should have a national suicide prevention strategy. Early interventions, crisis response, and culturally relevant aftercare and recovery are vital to addressing this global public health problem.

Across the South-East Asia Region, suicide must be talked about and discussed more openly so that more people feel confident in supporting others having suicidal behaviour or who are touched by suicide. Communities play a strategic role, and community action is critical to the reduction of deaths by suicide.

The onus lies with each one of us, starting from our own selves, then our family and friends, colleagues, co-workers, peers, associates, teachers, employers, institutes, health workers, policy makers, and government. We must empower and engage and take action to raise awareness on how each one of us can prevent suicides. I hope this book contributes to this process, helping to save lives and create a happier, safer and healthier environment for all.

Dr Poonam Khetrapal Singh
Regional Director
WHO South-East Asia Region
Time for ACTION
What each of us can do
We have within us the power to heal.
During crisis and severe emotional distress talk to yourself,
hear your feelings and reach out for help. You are not alone.
#LetsTalk
**Tie-back the knot to life**

Be there for your loved ones in getting through their moment of crisis. Spend time, listen. Help them process their thoughts and feelings.
Self talk
Me to me: “Failure is your step to success, so stop all this.”
#LetsTalk
No blame
Don’t feel guilty and judge yourself. Look around and engage with the world. You are not to blame.
#LiveLife #LetsTalk
Reach out
Teenage years can be full of excitement, opportunities and new found freedoms, yet there can also be times full of worry about exams, peers and latest trends. Suicide is never an answer. There is always HELP. #LetsTalk
Aditya Farmanik, 12

Change your outlook. You are a winner
Perceive people and situations positively. Do not take everything personally. Know that you are loved and respected. #LiveLife
Move towards light
Talk yourself out of any negative thought.
And know that you are not alone,
Reach out to a hundred hands waiting to support. #SelfTalk #LetsTalk
Open arms
Drop your fears and be willing to share.
Open yourself to the possibilities and to the world out there.
#LetsTalk
Gratitude bank
Practice gratitude every single day.
It will make you feel alive, loved and purposeful.
Make your choices
Choose garlands not ropes. #LetsTalk
Family first
Family is your core, your strength. And creativity and nature can strengthen you too.

Feelings
It is extremely important to be in touch with your feelings. Noticing and naming difficult thoughts and feelings can help us unhook from them, lessen the pain and engage better in life.
Emotional bank account
Every day make conscious and mindful positive deposits in your emotional bank account. Indulge in meditation, yoga, right food, dance, play, music and praying. #LiveLife.
Choose love
Choose love over self-doubt, mistrust, anxiety, fear, low self-esteem, insecurity.
Feeling Blue?
Let the people around you know.

No more blue.
Let the people around you know.
Soumya Sharma, 19

**Reconnect**
Meditation and connecting with your inner energy can help you stay grounded when there is an emotional storm.
**Action is the key**
Help and support is all around. If you are struggling, begin a conversation with someone you trust about how you are feeling. #LetsTalk
The Universal Health Coverage umbrella
Awareness, commitment and action can save lives.
You matter
Stay in touch with your loved ones. Be a reminder of how much they matter to you and others.
Equality. Not discrimination

Discrimination against subgroups within the population can lead to stressful life events such as loss of freedom, rejection, stigmatization and violence that may evoke suicidal behaviour. But giving up on life is no solution. Reach out for help.
Listen
Often people in distress are not looking for any particular advice, but merely to be listened to! It's always helpful to talk. Reach out to a friend or family. #LetsTalk
Little joys
Do things you enjoy. Engage only with people, places and situations that make you feel good. #LetsTalk
Professional help
If you are having thoughts of self-harm, contact the helpline services. #LetsTalk
**Tomorrow needs you**

If you know someone who may be saddenned with life, or at risk of suicide, talk to them about it. Listen with empathy and offer your support. #LetsTalk
Positive work environment
Work that is interesting and fulfilling is good for mental health #LetsTalk
One step
Every little step counts. In the larger picture of life, when all looks unapproachable and unfathomable, daunting and overwhelming, start by taking baby steps. Start. Now.
When it looks like all is falling apart and nothing is in control, dance to the rhythm of it all. Witness it like it is an act. Detach.
You will find the flow. Help is always there, that’s all you have to know.
Fingerprints. Make your mark by being there for someone.
Present yourselves as gifts in the lives of those in distress. Show them you care because ‘Every Life Matters!’
Sustainable Development Goal 3 recognises the importance of promotion of mental health and well-being.
As an employer or a colleague or even if you are a friend, express empathy and concern, encourage them to talk, and listen without judgment. #LetsTalk

If you notice changes in your friend’s behaviour such as restlessness, irritability, impulsivity, recklessness or aggression, these are the signs to look out for. #LetsTalk

Encourage the person to seek help from a professional, such as a doctor, mental health professional, counsellor or social worker. Offer to accompany them to an appointment. #LetsTalk

As a friend, focus on their well-being. Provide constant supervision and remain calm. #LetsTalk
Foster a work environment where one feels comfortable speaking about their problems that have an impact on their ability to do their job effectively. 

#LetsTalk

Motherhood can be overwhelming. Seek support of a professional or a doctor. #LetsTalk

Talk to someone you trust if you are having thoughts about suicide. #LetsTalk

Even if it doesn’t feel like it right now, there are many people who want to support you during this difficult time. #LetsTalk
Play your role in preventing suicide

Play your role: employers, managers and employees
You as a responsible employer should take measures to promote the good mental health of your employees and to have a plan for supporting employees and colleagues with mental health conditions or who may be at risk of suicide. #LetsTalk

Play your role: journalists and others writing about suicide
You can sensitize people about suicide prevention by responsible reporting and also offer hope to people at risk, reduce stigma and inspire an open and positive dialogue. #LetsTalk
Play your role: teacher and other people working in schools
For many young people, the teenage years are a time of exploring new opportunities and freedoms, but they can also be a time of anxiety about academic performance, relationships and the future. You can create a safe place for your children and listen to them without any judgement. #LetsTalk

Play your role: police, firefighters and other emergency responders
Connecting people to the necessary mental health or medical care is very important. #LetsTalk
Play your role: health workers
As a health worker, it is important to recognize, assess and support people who are at risk of suicide. #LetsTalk

Play your role: people working in jails and prisons
People who are serving time in prison or who are detained in jail have higher rates of suicide than the general population. It is therefore important that effective suicide prevention strategies are implemented in correctional facilities. #LetsTalk
I am strong enough to ask for help.
I feel wanted, loved and respected
Help is always available to me. I just have to reach out.
MY CHILDREN KNOW THEY ARE LOVED AND CAN CONFIDE IN ME
I give time to the elderly and show them love and respect.
SEEKING HELP MADE A BIG DIFFERENCE; I AM GRATEFUL TO KNOW THAT I AM NOT ALONE
I take care of myself so that I can take care of those I love.
I CAN DO A LOT TO HELP MY LOVED ONES
I respect life.
I respect myself.
I ask for help to help myself.
I NEED TO FOCUS ON THINGS THAT MAKE ME FEEL GOOD
I CHOOSE THOUGHTS THAT MAKE ME FEEL CONFIDENT AND HAPPIER
I CREATE JOY AND SUPPORT FOR MY LOVED ONE’S
Resource bank

Time for action – What each of us can do


4. A resource on responsible reporting by the media to prevent suicide by WHO and IASP – https://apps.who.int/iris/bitstream/handle/10665/43954/9789241597074_eng.pdf?sequence=1


8. Preventing Suicide: a resource for teachers and other school staff – https://apps.who.int/iris/bitstream/handle/10665/66801/WHO_MNH_MBD_00.3.pdf?sequence=1

9. Preventing Suicide: a resource for primary health care workers – http://apps.who.int/iris/bitstream/handle/10665/67603/WHO_MNH_MBD_00.4.pdf?sequence=1


13. Preventing Suicide: a resource at work – https://apps.who.int/iris/bitstream/handle/10665/43502/9241594381_eng.pdf?sequence=1


15. Preventing Suicide: a resource for suicide case registration – https://apps.who.int/iris/bitstream/handle/10665/44757/9789241502665_eng.pdf?sequence=1


17. Preventing suicide: a resource for establishing a crisis line – https://apps.who.int/iris/bitstream/handle/10665/311295/9789241502665_eng.pdf?ua=1


20. Preventing suicide: A resource for filmmakers and others working on stage and screen – https://apps.who.int/iris/rest/bitstreams/1254417/retrieve


25. #308conversations: A grassroots campaign spearheaded by the Mental Health Commission of Canada (MHCC) in May 2014, inviting each of Canada’s 308 Members of Parliament (MPs) and other community leaders to lead a conversation in their community about suicide prevention – https://www.mentalhealthcommission.ca/English/308conversations


28. Take 40 seconds of action, this is how – https://www.who.int/docs/default-source/mental-health/suicide/flyer-40seconds-web.pdf?sfvrsn=5ba643c_2

29. Message from WHO Director-General for #40seconds suicide prevention campaign – https://www.youtube.com/watch?v=P6D5vgyI_Ms&feature=emb_logo


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