

SCHEMES AND HELPLINES FOR PEOPLE HAVING SUICIDAL THOUGHTS AND ABETMENT OF SUICIDE

There are certain government helplines from we can seek help.

1. **NATIONAL SUICIDE PREVENTION LIFELINE**

- This national toll free number- **1800-273-TALK (8255)** is available 24/7- connects to local crisis centers where a trained worker will provide confidential support to people experiencing suicidal thoughts or emotional distress.

THIS IS THE NATIONAL GOVERNMENT HELPLINE NUMBER

- **GOVT MH REHABILITATION HELPLINE 'KIRAN'**

Number: 1800-5990019, Operation Hours- 24/7

2. **VANDREVALA FOUNDATION**

- Number: 9999 666 555, Operation Hours- 24/7, Email help: @vandrealafoundation.com (if you do not get through and expect a callback)

3. **FORTIS HOSPITAL NATIONAL HELPLINE**

- Number: 91-8376804102, Operation Hours- 24/7 (Multilingual)

4. Some other foundations offering help like:

- **AASRA**- Number: 9820466726, aasrahelpline@yahoo.com
- **SUMAITRI**- Number: 011-23389090, feelingsuicidal@sumaitri.net
- **SAATH**- Number: 91-(79) 26305544/ 26300222, saath12@yahoo.com
- **OneLife**- Number: 91-(78930) 78930/ 9849215195, support@1life.org.in
- **iCall**- Number: 9152987821, icallhelpline.org

5. You need to browse into the website of Aasra and look for the helplines and help centers by just selecting your State.

6. **Ministry of Health & Family Welfare** implemented **National Mental Health Policy of India**, that focuses on and promotes good mental health of the people, preventing mental illness in all formats. It was formulated keeping in view the burden of mental illness in the people. If the mental condition of people will be good and they will be mentally healthy, then they will not suffer from suicidal thoughts and hence no suicides will be committed.

YOU CAN CALL ANY OF THESE HELPLINES TO REACH OUT FOR HELP

7. **PROJECT- SIREN**

In a step to make people and media more aware and fair view about the suicide rate, Project- SIREN was developed under the Indian Mental Health Observatory (IMHO), it is a scorecard to rate media reports on suicide consisting of parameters derived from the guidelines of WHO. The guidelines lay emphasis on responsible reporting in order to increase awareness of suicide prevention, coping strategies, continuous efforts to overcome suicidal tendencies and promote help seeking behavior.

8. **GATEKEEPER TRAINING**

It basically tells who all actually interact with probable suicidal persons, observe their behavior and take actions to eliminate the risk of suicide. These gatekeepers include teachers, peers, counselors etc. students are trained with gatekeeper training in which they are informed about the suicidal pressure, life risking situations, warning signs, causes and signs of depression and other mental ailing, telling them about the help options and support available.

9. **PSYCHOTHERAPEUTIC APPROACHES**

These therapies focus on the behavior and help in reducing the risk of suicide. Like the CBT (Cognitive Behavior Therapy) and DBT (Dialectical Behavioral Therapy) which focus on the behavior, helping to cope up with the situations, overcome hopelessness mindset, emotional regulation and balance, inculcating problem-solving attitude.