

Headline:**Central University of Jammu conducted awareness campaign to mark World Suicide Prevention Day.**

11/09/2023. In honour of World Suicide Prevention Day, the Department of Social Work at Central University of Jammu organised a program to raise awareness and support individuals struggling with mental health challenges. Mr. Remesh Krishnan, a psychiatric social worker and research scholar gave a seminal presentation on the subject. He also shared valuable insights on identifying warning signs and assisting those struggling with mental health issues. A panel discussion was also organised which was chaired by Dr Nancy Mengi, Head of the Department in which faculty members Dr. Bhat Iqbal Majeed, Dr. Vinay Kumar, Dr. Ranvir Singh, Mr. Fateh Lal and Ms. Nidhi Singhal presented their views on the commitment of social workers in suicide prevention. The panel explored the multifaceted factors contributing to suicide and outlined strategies for nurturing a more compassionate and understanding society. The panel also discussed the importance of creating Support Groups/ Safe Spaces in all institutions, Establishing peer support groups for students and staff and training group facilitators in active listening and crisis intervention.

Students, scholars, faculty, and volunteers conducted an awareness rally for raising awareness and imploring people to speak about their thoughts. The enthusiastic participants traversed through the university, brandishing banners and disseminating informative brochures about local mental health resources. The rally aimed to raise public awareness about suicide prevention and stigma reduction.

A candlelight vigil was held in a serene local park to honour lives lost to suicide, illuminating the phrase "From darkness to light."

World Suicide Prevention Day, as commemorated by the university served as a resounding reminder that together, we can make a meaningful difference in the lives of those grappling with mental health challenges. It highlighted the significance of reaching out, listening, and helping individuals facing difficult times.



