

## **“Suicide Prevention on Gatekeeper Workshop “**

**For Behaviour Club Members, Department of political science and Economics  
department**

**Organised By Psychological Counselling Cell GGV in Collaboration with DMHP  
Bilaspur**

- **August 12, 2023**
- **October 9, 2023**
- &
- **Dec 10, 2023**

A workshop was organized for the Members of GGV Behaviour club because, Suicide is a major public health concern, and it is important to create awareness and educate young people about suicide prevention. Suicide prevention gatekeeper workshops are designed to help individuals identify the warning signs of suicide and provide them with the skills and resources to intervene and prevent suicide. This report summarizes a suicide prevention gatekeeper workshop conducted for students. Suicide prevention involves strategies, interventions, and support systems designed to reduce the risk of suicide and to address the factors that contribute to suicidal thoughts and behaviors. Suicide is a complex and serious public health issue that can be influenced by a combination of psychological, social, biological, and environmental factors. Prevention efforts aim to identify and help those at risk, provide timely support, and create a supportive environment that reduces the likelihood of suicide.

### **Workshop Overview:**

The suicide prevention gatekeeper workshop for students was conducted in a classroom setting and lasted for two hours. The workshop was led by a mental health professionals Mrs Angelina V Lal and Mrs Vibha Bansriar (Psychiatric Nurse and Master Trainers) and Psychological Cell members GGV Dr. Rajeshwari Garg and Dr. Prasenjit Panda they included interactive discussions, videos, and activities.

### **Objectives:**

#### **The objectives of the workshop were to:**

- Increase awareness of the prevalence of suicide and its impact on individuals and communities .
- Teach participants how to identify warning signs of suicide.
- Provide participants with skills to intervene and prevent suicide.
- Promote resources available for individuals struggling with suicidal ideation or mental health issues.

#### **The workshop covered the following key topics:**

- Introduction to suicide prevention.
- Understanding suicide and its causes.
- Warning signs of suicide.
- How to approach someone who may be struggling with suicidal thoughts.
- How to support and connect someone to help.
- Self-care strategies for gatekeepers .

- Resources available for individuals struggling with mental health issues.

The workshop included interactive activities to help students learn and practice the skills needed to identify and prevent suicide. These activities included role-playing scenarios and group discussions.

**At the end of the session Behavior lab Coordinator and UNICEF representative Mr. Tupendra sahu gave vote of thanks and express his view regarding relevancy of the workshop, he said Suicide prevention gatekeeper workshops are essential in creating awareness and educating people on suicide prevention. The workshop conducted for students was successful in achieving its objectives and helped students develop skills and resources to prevent suicide. It is important to continue providing these workshops to students and other community members to promote mental wellness and prevent suicide.**



