
SUICIDE PREVENTION DAY

A TYBA INITIATIVE

11th September, 2020

INTRODUCTION

An online campaign was initiated to reach out to the general public on the occasion of World Suicide Prevention Day. 47 undergraduate students of psychology participated. Each student posted one movie analysis on each of the three days (9th, 10th, 11th september 2020) on the given online platforms with a message of mental health and suicide prevention. The aim was to let people know the triggers, symptoms and the ways to seek help for self or others who seem to be going through a rough time.

TEAM FOR SUICIDE PREVENTION ONLINE CAMPAIGN

- 6 movies were analysed by the following 6 students:-
 1. Sakhi Sankar - *A Girl Like Her*
 2. Sakshi Sangekar- *Cake*
 3. Purva Bapat- *According to Greta*
 4. Kareena Verma- *The Girl Interrupted*
 5. Disha Chabhadia- *All The Bright Places*
 6. Namrata Gole- *The Perks Of Being A Wallflower*
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- Post Aesthetics were designed and edited by Disha Chabhadia.
 - All the TYBA students posted 3 movie analysis on 9th, 10th and 11th september 2020 on their personal social media accounts.
 - The idea proposal was given by Shruti Doshi and Disha Chabhadia.

CONCISE DATA

- The data of FYBA, SYBA and TYBA is collected and grouped together in a tabular format by Sakshi Sangekar, Kareena Verma and Hazel Noronha.
- Total number of people reached out through the online campaign using Facebook, Instagram, LinkedIn and Whatsapp were **24,447 viewers**.
- A lot of online interaction was generated leading to increased awareness among the general population for mental health care and suicide prevention.

APPENDIX

- Following are the attachments of the posts that the students posted across the three days of the online campaign on their personal social media accounts:-





suicide prevention day

A GIRL LIKE HER

“

Reaction:

- Repressing her feelings and not actively discussing them
- Not taking action to inform her loved ones/authorities about what she was facing.
- Depression.
- Low self-esteem.

A GIRL LIKE YOU

“

Internal factors:

- Feeling of embarrassment after being bullied.
- Fear that bullying would increase if she told someone.
- Lower sense of confidence and self-esteem.
- Repression.

A GIRL LIKE YOU

“

Prevention:

- Jessica should have expressed her feelings and struggles to her family and authorities at school and should not have been embarrassed about being bullied.
- An active campaign and policy and awareness against bullying should have been in place. This should be in addition to consequences and therapy provided both to the victim and the bully.

A GIRL LIKE YOU

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Prevention:

- The pills/drugs that were easily accessible should not have been there.
- Brian should have involved the parents and brought to light the bullying and gotten her help.

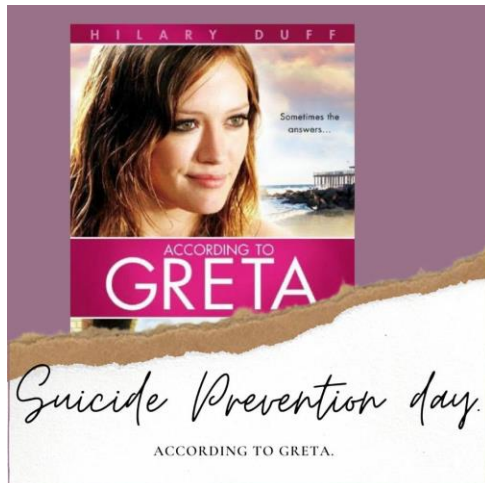
A GIRL LIKE YOU

“

External factors:

- Excessive bullying by Avery.
- No active policy against bullying.

A GIRL LIKE YOU



“

Reaction:

- Wanting to kill herself.
- To resonate with her dad.
- Being rude to everyone.

ACCORDING TO GRETA

“

Initial triggers:

- Dad killing himself and her walking in on him.
- Missing of father figure.
- Permissive parenting.

ACCORDING TO GRETA

“

Prevention:

- More attention from the mother.
- A caring environment.

ACCORDING TO GRETA

“

Internal factors:

- Feelings of abandonment.
- Pushing people away.
- Not wanting to show she cares.
- Feels that no one would care if she kills herself.

ACCORDING TO GRETA

“

Reaching out:

- The boyfriend tries to dissuade her.
- Informs Greta's grandfather about her diary and that she wants to kill herself.

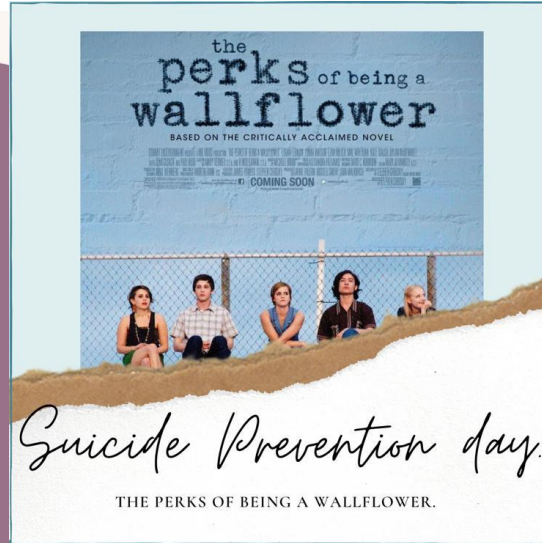
ACCORDING TO GRETA

“

External factors:

- No love and care from her mom.
- Her mother wanting to get rid of Greta.

ACCORDING TO GRETA



“

Prevention in movie:

- Consulting psychiatrist and seeking help.
- Complete support of family and friends.

THE PERKS OF BEING A WALLFLOWER

“

Reactions:

- Every time his loved ones were abused, he had flashbacks and also had blackouts of current memories.
- Anger outburst.
- Excessive arousal.
- Frequent flashbacks and depression when he was alone.

THE PERKS OF BEING A WALLFLOWER

“

Reaching out:

- Luckily Charlie met with people with similar personalities as his and became friends with them such as Patrick, Sam, Mery Elizabeth, Alice.
- He also received support from his family who supported him during his treatment with Dr. Burton.

THE PERKS OF BEING A WALLFLOWER

“

Prevention:

- Parents could have been more attentive towards Charlie as a kid.

THE PERKS OF BEING A WALLFLOWER

“

External factors:

- Charlie's sister abused by her boyfriend in front of his eyes.
- Patrick being bullied at school.
- Sudden separation from friends. (leaving for college, break up.)

THE PERKS OF BEING A WALLFLOWER

“

External factors:

- Charlie's sister abused by her boyfriend in front of his eyes.
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THE PERKS OF BEING A WALLFLOWER

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Initial triggers:

- Sexually abused by his aunt at the age of five.
- Guilt of losing the aunt in a car accident when she was off to buy him a present.

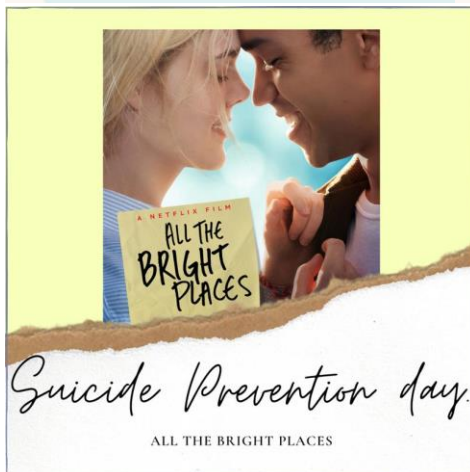
THE PERKS OF BEING A WALLFLOWER

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Internal factors:

- Blackout of memories.
- Replaying of fragments of his aunt's memories.
- Repression of his thoughts.
- Depression.
- Post traumatic stress disorder.
- Anxiety.

THE PERKS OF BEING A WALLFLOWER



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External triggers:

- Abusive father.
- Lack of familial support growing up.
- Non-conforming ways and methods leading to having no sense of belongingness.
- Absence of help and lack of awareness in his social circles.
- Bullying.

ALL THE BRIGHT PLACES

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Internal triggers:

- Repression of emotions.
- Bipolar disorder.
- Unhealthy patterns used as coping mechanisms.
- Emotional isolation.

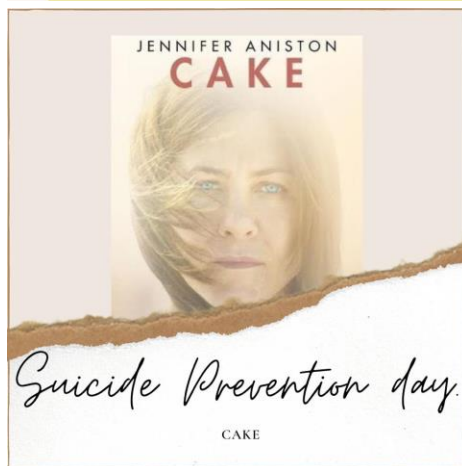
ALL THE BRIGHT PLACES

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Prevention:

- Understanding and open mindedness.
- To know that sometimes saving can mean just listening.

ALL THE BRIGHT PLACES



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Reactions:

- Attempts to kill herself by drowning
- Intensity of the attempts was low
- Sudden rudeness in behavior
- Bodily addictive symptoms such as palpitations, sweating, increased heart rate and fainting.

CAKE

Prevention:

- The support groups and physical therapy could show more understanding and listen to her issues or make her confide in them.
- The doctors should have been more strict with the prescribed drugs.
- Presence and attention of husband could have changed things for good.

CAKE

initial triggers:

- death of her son in an unexpected accident.
- suicide case of a member from her support group.

CAKE

External factors:

- Lack of empathy from the support group.
- Easily available prescribed drugs.
- Loved ones distancing her due to her aggressive behavior.

CAKE

Internal factors:

- Feelings of guilt.
- Feelings of emptiness.
- Aggressiveness in response to the guilt.
- Addictive behavior and symptoms to the prescribed drug.

CAKE