

# SUICIDE PREVENTION & AWARENESS MONTH

*MENTAL HEALTH IN AN UNEQUAL WORLD*

## EVENTS TO LOOK FORWARD TO:

INFORMATIVE TALKS  
BY SUBJECT EXPERTS

PANEL DISCUSSIONS  
BY PROMINENT  
SPEAKERS

AWARENESS

INDUCED

COMPETITIONS  
WITH CASH PRIZES

FUNDRAISERS  
INCLUDING OPEN  
DONATIONS &  
BAKING CLASSES



[@SELF CARE CENTRAL MNWC ON INSTAGRAM](https://www.instagram.com/selfcarecentral_mnwc)

Self Care Central is a Mental Health initiative by the P.G. Department of Psychology from Maniben Nanavati Women's College. The aim is to destigmatise the negative notion of Mental Health, i.e. long due.

The Suicide prevention campaign is held to increase awareness, openness and perceived value of professional help.

The World Federation for Mental Health (WFMH) is the only international multidisciplinary and educational organization concerned with all aspects of Mental Health. It caters to the need for the prevention of various disorders.

# INFORMATIVE TALKS BY SUBJECT EXPERTS

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RAASHI THAKRAN



## INSIGHT ON SUICIDE PREVENTION HELPLINES

A mental health advocate started a government suicide helpline through her petition on change.org . A panel member on NDTV's "We The People".

Interviewed by BBC World News for World Suicide Prevention Day, 2020. She conducts workshops and sessions on suicide prevention in order to raise awareness of its challenges in today's society.



DONITA QUADROS



## INSIGHT ON MENTAL HEALTH WITHIN THE UNDERPREVILAGED GROUPS

A criminologist and a social worker who works with TISS & NIMHANS with several cases within the marginalized communities and has come across people with suicidal tendencies. She has done extensive ground level work on Gender-based violence, sexuality and Child Rights.

NISHTHA NISHANT



## INSIGHT ON MENTAL HEALTH WITHIN THE LGBTQIA+ COMMUNITY

A scientific researcher and a trans woman who conducts educational workshops on the transgender community.

# COMPETITIONS

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The 'QUIZ' and 'KNOW WAY OUT' will be conducted live via a Zoom meeting.

The registration fee for a single competition is ₹80 and both the competitions is ₹150.

Participation and Winning certificates will be given to all registrations.

Cash Prizes will be given to the Top 3 winners for  
'QUIZ' AND 'KNOW WAY OUT'.

**EVENT WINNERS WILL BE ANNOUNCED ON 10TH OCTOBER**

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## QUIZ

18TH SEPTEMBER

BASED ON SUICIDE PREVENTION IN AN UNEQUAL WORLD.

Make sure you join on time with a good internet connection.

A multiple-choice questionnaire will be held live.

The participant needs to answer correctly in order to move on to the next round.

### **RULES:**

The winners would be decided based on the number of correct answers.

The competition is **only open to psychology students.**

Participation/Winning certificates will be given to all registrations.

## KNOW WAY OUT

2ND OCTOBER

BASED ON LEARNING THE WAY TO ACCURATELY RESPOND.

Make sure you join on time with a good internet connection.

A live room themed competition where the participant needs to know how to help a person with suicidal ideation.

People with the ideal answers will proceed to the next room.

### **RULES:**

The winners would be decided based on the number of rooms passed.

The competition is **open to all students.**

Participation/Winning certificates will be given to all registrations.

**REGISTRATION FORM FOR QUIZ AND KNOW WAY OUT:**

<https://forms.gle/aDSWPMttqkZDFTZCA>

# COMPETITIONS

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## BREAKING STEROTYPES

20TH-25TH SEPTEMBER

BASED ON RECOGNISING  
INACCURATE INFORMATION.

A weeklong event, the google form link will be provided on the [@selfcarecentral mnwc](#) Instagram bio from 20th to the 25th of September.

The competition will consist of the participants to:

- Like/Repost the accurate content.
- Scroll/Report the inaccurate content.

### RULES:

The competition will be divided into 2 rounds. The winners would be decided based on a total of two rounds.

The competition is **open to all students**.

Participation certificates will be given to all submissions.

## #SELL A SMILE

13TH-2ND OCTOBER

ENDORSE A SMILE, JUST LIKE  
INSTAGRAM INFLUENCERS  
ENDORSE PRODUCTS

The videos can be submitted as a reels of 15 seconds-30 seconds on the following email:

[meenalkatpal@gmail.com](mailto:meenalkatpal@gmail.com)

### RULES:

The winners will be decided based on the number of likes received on the post between 4th-9th October on the [@selfcarecentral mnwc](#) Instagram page.

Plagiarism/Inappropriate language/offensive content will lead to disqualification.

The following details should be mentioned on the title of the video - Name, Instagram handle.

The competition is **open to all students**.

Participation certificates will be given to all submissions.

ONLY ONE SUBMISSION PER PERSON IS ALLOWED

**EVENT WINNERS WILL BE ANNOUNCED ON 10TH OCTOBER**

# FUNDRAISER

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World Suicide Prevention Day is observed on September 10 to raise awareness regarding suicide and the preventive actions that can be taken.

The day seeks to educate people about the subject so as to sensitise them to the topic which in turn helps them learn the appropriate way to respond to help accordingly.

## FUNDRAISER FOR 'THE PLANE JAR'



- The Plane Jar is an activism, outreach and prevention organization focusing on mental health, trauma and the LGBTQIA+ community. The primary focus is their buddy system where they have trained pre counsellors who assist on cases of suicide, self-harm, abuse, and socio-legal cases of Domestic Violence and The Protection of Children from Sexual Offences.
- The funds will be directed to be used in paying for the individuals' therapy sessions and medication, when and where needed.

LINK TO DONATE:

<https://forms.gle/tbuQtFZnySvuEviL8>

ALL PROCEEDINGS GO TO THE ORGANIZATION, THE PLANE JAR

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**EVEN THE SIMPLEST GESTURES  
OF COMPASSION CAN HELP  
SAVE A LIFE**

# FUNDRAISER

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**HELP US RAISE FUNDS BY JOINING OUR  
BAKE-ALONG!**

**ALL PROCEEDINGS GO TO THE ORGANIZATION, THE PLANE JAR**

The class will be conducted live via a Zoom meeting.

The registration fee for a single class is ₹100 and both the classes is ₹150.

Once registration is completed, you will be asked to join a WhatsApp group for further instructions.

A list of ingredients to be arranged will be sent 2-3 days prior.

## DOUGHNUTS CLASS ON 19TH SEPT



by [@thedoughnutarea](#)



## BROWNIES CLASS ON 26TH SEPT



by [@teatralicious](#)



**REGISTRATION FORM FOR BAKE-ALONG:**  
<https://forms.gle/6vogSjU69v2ZVvPSA>



# WE LOOK FORWARD TO YOUR SUPPORT AND PARTICIPATION!

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VISIT OUR INSTAGRAM FOR  
INFORMATIVE POSTS AND DAILY UPDATES.



**@SELF CARE CENTRAL MNWC ON INSTAGRAM**



FOR FURTHER QUERIES, PLEASE CONTACT:

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