



ALL INDIA INSTITUTE OF MEDICAL SCIENCES BATHINDA

Organised by

DEPARTMENT OF PSYCHIATRY



WORLD SUICIDE PREVENTION DAY

10 SEPTEMBER

*Change the
Narrative*

Start the conversation.
End the stigma.

*Your story
matters...
You are not alone.*

Hope
Support
Life
Together

Hope • Support • Save Lives



Talk
about your
feelings



Reach out
for support



Be kind
and supportive



Help
remove stigma



Hope
can save lives

Stronger Together for a Brighter Tomorrow



Tele MANAS | Toll Free Helpline No.

14416